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**LOVE A
BARGAIN?**

HOW TO
FIND THE
REAL DEALS

HEARTY
& HEALTHY
**SLOW
COOKER
DINNERS**

SET A
PRETTY
**HOLIDAY
TABLE**

HOW TO HELP
YOUR PET
**LOSE
WEIGHT**

**EASY
AS
PIE!**

FIVE CLASSICS
PAGE 147

21
PRODUCTS THAT
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LOOK YOUNGER
(WE TESTED
THEM ALL)



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Cover photograph by **Miki Duisterhof**

Food styling by **Michael Pederson** Prop styling by **Christopher White**

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ROYAL VELVET

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My family's Thanksgiving spread is almost identical to the one I grew up with, and for good reason: Everyone looks forward to the one day a year we eat some of our favorite foods, and people get mad if a beloved dish is tampered with. One year my mom decided to switch up her sweet potatoes by making a more sophisticated version without marshmallows. That did not go over well—and it wasn't just the young kids who were upset. Still, I'm always looking for new recipes to add to (not replace!) our classics.

A few years ago I introduced a new side dish to spice things up—Emeril's Andouille Pudding—partly in homage to my New Orleans-based brother, sister-in-law and nephew, who couldn't be with us. This year I have our "National Treasures" Thanksgiving feature, on page 147, for inspiration. Our food editors researched every region and developed five fabulous menus that can be mixed and matched. I asked some of our staff to share how they add regional flavor to their holiday table; you can find these recipes and more at familycircle.com/stafferrecipes. Happy Thanksgiving!

"My grandmother Una is Panamanian, and every year I re-create her famous dressing. Ground beef, sausage, olives, pimientos, croutons, tomatoes and Latin spices, all baked to perfection. I call it my **Love Bomb**. For my kids, no Thanksgiving is complete without it." —*Suzanne, Lifestyle Editor*

"My father is from Connecticut and my mother is a true Texan, so we like to mix it up at Thanksgiving. My mom makes a killer **Cranberry-Orange Salsa** (with jalapeños, of course) for the turkey." —*Daley, Editorial Assistant*

"Because I've always been more than a little bit country (despite my New Jersey roots), my **Kentucky Bourbon Chocolate Pecan Pie** has become a much-demanded Thanksgiving dessert staple among my friends and family." —*Ron, Managing Editor*

"Every year we coerce my mom into making a stack of **Palačinke-Slatke** (sweet crepes—a Croatian classic). We fill them with whatever is on hand: usually Nutella, sugar, honey or a fruit preserve." —*Karmen, Creative Director*

"In true Pennsylvania Dutch style, we have tons of pies—shoofly, rhubarb, pumpkin. My family's favorite is **Cream Pie** with a meringue top, vanilla pudding and graham cracker crust. Ever since my grandma passed away, we've been trying to make it as good as hers." —*Mallory, Associate Health Editor*

"We've spent the last couple of Thanksgivings with my boyfriend's family in upstate New York. My favorite dish to contribute is **Coquito Doughnuts**. Coquito is a Puerto Rican version of eggnog. I found a way to incorporate the drink into my mini doughnut recipe. It's quite a hit!" —*Stefanie, Art Production Manager*

"Our midwestern family would cry if my mom didn't make her **Sweet Potato Casserole**. Funny thing is, it's really yams mixed with pineapple, butter and brown sugar. The casserole is topped with mini marshmallows and pecans, then baked until oozy. It's sweet enough to eat in place of pie." —*Melissa, Associate Food Editor*



Linda

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HELEN NORMAN

This talented photographer has shot ad campaigns, editorial features and

catalogs for clients such as **L.L. Bean**, Anthropologie and Martha Stewart. Helen is inspired by the outdoors, making her a natural choice to shoot designer Lauren Liess' earthy home (page 43).



RACHEL RABKIN PEACHMAN

"I've been known to blast 'Honey, I'm Good' on a nonstop loop

to turn my day around," says Rachel, author of "A Farewell to Angst" (page 117). Rachel often writes about health and wellness, and her articles have run in *The Atlantic*, *Health* and other publications.



REBECCA WEBBER

A New York City-based journalist, Rebecca is the personal finance editor

at **ValuePenguin**, where she covers topics such as family budgeting and health care. In this issue she writes about so-called deals that may actually end up costing you (page 67).



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7 *best of* NOVEMBER

To raise awareness of **National Adoption Month**, Wendy's is featuring the artwork of adopted children on its beverage cups through the end of November. To learn more and to support kids finding their forever homes, visit davethomasfoundation.org.

5

Out of the frying pan, into the fire. Enlist your spouse or teen son to cook tonight on **National Men Make Dinner Day**. For easy supper ideas, visit familycircle.com/weeknight-dinners.



6

Grab some popcorn and watch Charlie Brown hit the big screen today—in 3-D, no less—in **The Peanuts Movie**, a new adventure based on the popular 1960s comics.



11

Veterans Day commemorates the service of all American military veterans. This month FC honors one veteran in particular, who's spending his post-Marine Corps career supporting the children of fallen soldiers (page 64).



15



We're halfway through NaNoWriMo, also known as **National Novel Writing Month**. The goal: Pen a whole book in a month. If there's a story you or your teen has been dying to tell, now's the time! Track your progress and find writer support groups at nanowrimo.org.

24

Help fill empty stomachs this winter with the annual **Hungerthon** event. Tune in to SiriusXM and bid on awesome auction items, or just send a cash donation to support the charity WhyHunger's efforts to feed needy people in the United States and around the world. For more information, visit whyhunger.org.



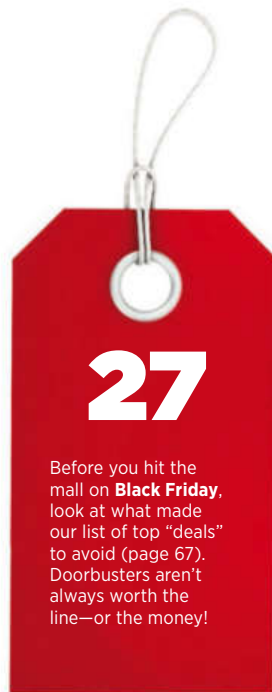
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On **Thanksgiving**, we give thanks for family, friends and, of course, food. Turn to page 147 for the best menus from all over the country.



27

Before you hit the mall on **Black Friday**, look at what made our list of top "deals" to avoid (page 67). Doorbusters aren't always worth the line—or the money!



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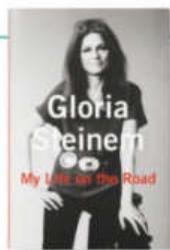
WHAT'S NEW



Great *Pretenders*

There's nothing fake about the warmth and style that the latest faux fur designs are serving up. (And the affordable prices help keep it real!)

Crossbody bag, **I.N.C. International Concepts**, \$69.50. Hat, **Simply Vera Vera Wang**, \$28. Vest, **Chico's**, \$259. Wrap scarf, **Henri Bendel**, \$198.



“

I can go on the road, because I can come home. I come home, because I'm free to leave. Each way of being is more valued in the presence of the other.”

—GLORIA STEINEM, from *My Life on the Road*



NOUVEAU SOUL



If musical legends like Sam Cooke and Otis Redding were still alive, they would applaud modern-day crooner Leon Bridges. The 26-year-old from Fort Worth celebrates '60s soul with his own modern spin on his debut album, *Coming Home*. Amazon.com, \$14



Co-executive producer Ron Howard

LIGHTBULB MOMENTS

Breakthrough, a new General Electric documentary series about technology and science, airs on the National Geographic Channel this month. With six episodes, each directed by a Hollywood luminary (including Angela Bassett and Paul Giamatti), the series covers subjects ranging from brain science to alternative energy. Bright idea.

Happy Feet

Stylish and sexy are not the adjectives generally used to describe comfort shoes, but several high-end brands have stepped up their game to combine good looks with clever technology. (Hello, cushy insoles!)



Zee Alexis, \$145



Clarks, \$140



Rockport, \$120

Family Finder

Thanks to Family Tree DNA, the country's largest DNA database, adoptees no longer require courts or records to locate birth parents. They just need some saliva. A \$99 test generally provides enough info to locate relatives, and more comprehensive options are available. For example, \$566 will get you detailed data on ancestors—and all just in time for National Adoption Month. Familytreedna.com

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Batting Practice

Move over, basic black. This season's mascara trend is all about color. These shades are more wearable than their predecessors—think deep plum instead of neon purple. Take your pick from our jewel-tone faves.



Almay Intense I-Color Volumizing Mascara in Sapphire, \$8



By Terry Mascara Terrybly in Terryfic Blue, \$48



Paul & Joe Smudgeproof Mascara in Pink Samba, \$26



NYX Cosmetics Color Mascara in Purple, \$7



Flower Outstretched Lengthening Mascara in Black Cherry, \$8

WITH SNAPSHOT, GREAT DRIVERS
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GREAT TRIANGLE PLAYERS WILL
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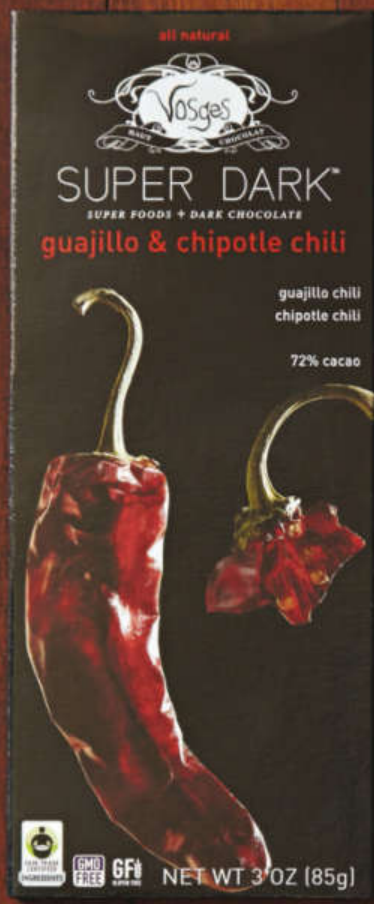
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RAISING THE BAR

Just when you thought a good thing couldn't get any better, the new chocolates on the block have upped the ante. While some boast healthy add-ins, such as superfoods, others are just shamelessly delicious.



Vosges Super Dark Guajillo and Chipotle Chili, \$7.50; Antidote Lavender Flowers and Red Salt, \$7; Scharffen Berger Milk Chocolate with Toasted Coconut and Macadamia, \$5; Wild Ophelia BBQ Potato Chips and Smoked Paprika, \$3; Dagoba Organic Chocolate Superberry, \$3.50.

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Pattern PLAYER

Inspired by her passion for exuberant hues and nature's beauty, designer **LULU DEKWIATKOWSKI** has built a whimsical lifestyle brand that includes fabric, scarves, paintings, wall decals and even metallic temporary tattoos. Now this mom-to-three is bringing her energetic patterns to The Land of Nod with an exclusive Lulu DK collection of bedding, rugs and more. Here's her take on how to live colorfully.

LULU DEKWIATKOWSKI'S FAVES



1/ Florals can go granny fast, but an abstract oversize print always feels modern. Floral Pattern Throw Pillow, landofnod.com, \$39



2/ Everything looks prettier in soft candlelight. Antler Candle Holders, Marshalls stores, \$13



3/ My canvas bins are the perfect size for housing magazines. Or use them to corral kids' toys or shoes in a mudroom. Color Pop Cube Bin in Pink and Green, landofnod.com, \$20 each



4/ Keep walls neutral so you can pop your space with bright artwork and accessories.



5/ Anytime I travel, the search is on for vintage textiles—they're great as coverlets or draped over a headboard.



6/ For a centerpiece, I'm all about a simple wildflower bouquet, especially when my sons pick the blooms.



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Jack Black

The funnyman plays R.L. Stine, writer of the spooky *Goosebumps* children's books. Offscreen, he's not afraid to admit there are a lot of things that frighten him!

When I was a kid, I was obsessed with monsters. I even picked out wallpaper covered with them for my bedroom. But once it was up, I couldn't sleep. I was too scared of them all staring at me!

For the longest time, my kids really didn't know I was famous. They thought daddy was a salesman, which is kind of true.

What gives me nightmares as an adult? Climate change and...Mixed Martial Arts fighters—although I do have a green belt in judo and I'm not afraid to unleash it if I need to defend myself.

If you have a basement, you legally have to own a drum set. So we have drums and an electric guitar in our subterranean jam space. My kids—Samuel, 9, and Thomas, 7—love it.

I had an unfortunate fashion sense in high school. I wore OP surfer-skater shorts and knee-high socks. Good Lord, what was I thinking?

I never had any game when it came to girls. It took me 15 years to get up the nerve to ask my wife out!

familycircle.com

For more celeb talk, go to familycircle.com/starturn.



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Eukanuba

Meet Utah, at age 17, our tireless explorer

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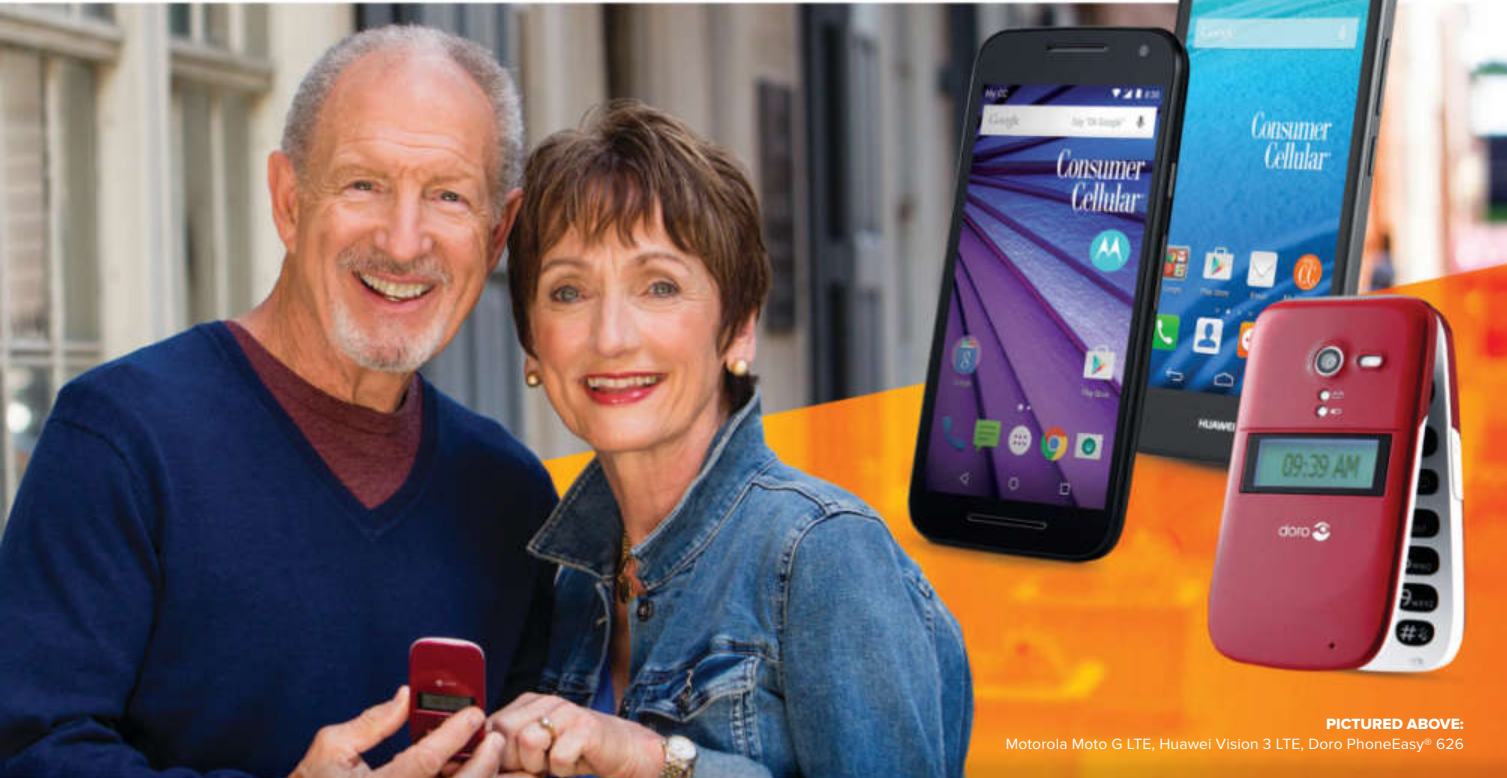


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Saving **FACE**

Meet your ultimate anti-aging guide. From in-office fixes to the newest brighteners, lifters and wrinkle fighters (staffer tried and approved), we'll help you turn back time.

BY DORI KATZ

PHOTOGRAPHY BY CORINA MARIE

The Real Deal

We put 15 products—and our team—to the test with one month of daily use and weekly updates. These nine passed with flying colors, reducing wrinkles and dark spots and improving skin tone.

Dermalogica Overnight Retinol Repair, \$85 A retinol that doesn't cause redness? Yes, really. The included buffer cream allows you to lessen the intensity of this powerful treatment. *"Big picture: This lotion delivered. It's easy to use and caused only a little irritation, thanks to the soothing buffer cream. After four weeks my skin looks fresher, firmer and healthier."*—Suzanne Rust, Lifestyle Editor

L'Oréal Paris Youth Code Skin Illuminator Tinted All-in-One Moisturizer SPF 20, \$18 The ultimate glow-getter. Custom pigments in this daily treatment activate when applied, to perfectly match every complexion and instantly illuminate skin. *"Almost immediately my skin looked brighter and had a serious glow (according to my tween daughter). A month in I noticed improved radiance all over, smaller pores and fading freckles. This cream kept its promise."*—Darcy Jacobs, Executive Editor

Meaningful Beauty Ultra Lifting and Filling Treatment, \$72 The orchid is more than just a pretty flower. Its botanical properties increase collagen and elastin production, while other antioxidants (vitamin C and melon extract) fight free radicals. *"First things first: I love the feel of the product—soft and light. And not only did the serum reduce puffiness around my eyes, I also noticed a new firmness in my cheeks and jawline."*—Karmen Lizzul, Creative Director

Prescriptives Super Line Filler, \$45 This concentrate is a twofer, instantly plumping fine lines and gradually increasing collagen production. *"It quickly made the lines in my forehead less pronounced. Don't be fooled by the small size—a little goes a long way."*—Jonna Gallo Wepler, Articles Director

Yes to Grapefruit Pore Perfection Brightening Peel, \$16 A sweet citrus treat for your complexion. Powerful fruit acids (lemon, orange and grapefruit) help shrink pores and fade dark spots. *"I'm officially hooked on this peel! I stored the container in the fridge, and the cool gel was so pleasant to put on. Plus, I've received compliments on how fresh and bright my skin looks."*—Maria Jakubek, National Sales Director



Murad Advanced Acne & Wrinkle Reducer, \$44

Fight pimples and wrinkles in one fell swoop. This serum targets hormonal breakouts—common in adults—with glycolic acid and retinol, and can be applied to the entire face or used to spot-treat specific areas. *“After a few weeks my breakouts had pretty much cleared up and the fine lines near my eyes were less visible. The light, smooth texture was perfect for my sensitive skin.”*

—Stefanie Ruiz, Art Production Manager

Juice Beauty Stem Cellular Anti-Wrinkle Solutions Kit, \$49

Simplify your routine with this trio. The serum, moisturizer and eye cream work synergistically to firm and hydrate your complexion with a combo of fruit stem cells, vitamin C and grapeseed. *“The products absorbed completely into my skin, a big plus for rushed mornings. Overall my skin is softer, smoother and less red in areas where I tend to flush.”* —Julie Miltenberger, Executive Food Editor

Estée Lauder New Dimension Shape + Fill Expert Serum, \$89

Think contouring in a bottle. The concentrated formula helps define the cheek area and jawline with a potent blend of plant extracts. *“I thought my skin looked firmer and more taut, but when my dermatologist commented that my jawline looked great, I knew the serum was a keeper.”*

—Regina Ragone, Food Director

Clinique Sculptwear Lift and Contour Serum, \$82 Tightening and toning are the main goals of this face and neck sculpting serum. With red algae, sweet almond seed, soybean seed and coffee seed extracts, it truly delivers. *“As a regular foundation wearer, I loved that my base makeup was easier to apply and looked even better. After four weeks I definitely saw less sagging and fewer wrinkles on my neck.”*

—Lee Slattery, Publisher



Between the Lines

Injectables can be intimidating, especially knowing which treatment is used where. Ranella Hirsch, MD, points out the best procedure for each aging area.

Forehead

TRY Botox, Xeomin or Dysport. These substances, known as neuromodulators, alter the functions of neurons to freeze muscles and reduce crinkling.

Between Brows

TRY Botox. This frown line can be exacerbated by squinting, so keep your sunglasses on whenever you are outside.

Under Eyes

TRY Restylane or Juvéderm. Hyaluronic acid fillers smooth and fill in a deep trough below the eyes, so skin won't sink in. Puffiness and darkness also are reduced.

Jawline

TRY Restylane or Juvéderm. Skin loses elasticity and can start to droop around age 40, so filler can help recontour the jawline.

Neck

TRY Kybella. The FDA recently approved this acid to dissolve "submental fat" in the area just under the chin.

Crow's-Feet

TRY Botox. Often referred to as laugh lines, the creases in this thin-skinned area can also be smoothed with an OTC topical product containing retinol.

Cheeks

TRY Voluma. The especially dense hyaluronic acid filler plumps from within, which can create a smoother and fuller appearance.

Laugh Lines

TRY Restylane or Juvéderm to fill in these nasolabial folds, decreasing their prominence.

NEEDLES 101

NEUROMODULATORS

(Botox, Xeomin, Dysport)

Price: \$400 per area

Frequency: two to three times a year

HYALURONIC ACID FILLERS

(Restylane, Juvéderm)

Price: \$500 to \$800

per syringe

Frequency: once or twice a year

VOLUMIZERS

(Voluma)

Price: \$800 to \$1,200

Frequency: once a year

KYBELLA

Price: from \$4,000

Frequency: two to four times, total

Numbers are averages—price varies based on location.

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The best age-fighting ingredients

Ginkgo Biloba

Fight free radicals from pollution with this antioxidant native to trees in China.

Mario Badescu Ginkgo Mask, \$22



Sunscreen

You want SPF 30 (or higher), broad spectrum and/or UVA protection.

La Roche-Posay Anthelios AOX, \$42.50



Glycolic Acid

This multitasker reduces the appearance of pore size, decreases oil production and helps breakouts heal faster.

BeautyRx by Dr. Schultz Advanced 10% Exfoliating Pads, \$70



Hydrators

Look for a mix of humectants (like hyaluronic acid, which pulls water into skin) and emollients (like ceramides, which seal it in). **Paula's Choice Resist Hyaluronic Acid Booster, \$45**



Anti-Telomerase

A compound developed to mimic biological effects, this ingredient helps keeps skin cells alive longer by extending the life of chromosomes. **Dr. Brandt DNA Transforming Pearl Serum, \$150**



Retinol

Stimulates collagen production and exfoliates skin to increase cell turnover.

Philosophy Ultimate Miracle Worker Night, \$72



Botanical Brighteners

These naturally derived boosters, like brown algae extract, reduce dullness.

Tata Harper Beautifying Face Oil, \$48



Resveratrol

This polyphenol found in grapes helps remove excess glucose molecules (which can reduce blood supply and weaken cells) from skin. **Caudalie Resveratrol Lift Face Lifting Moisturizer SPF 20, \$66**



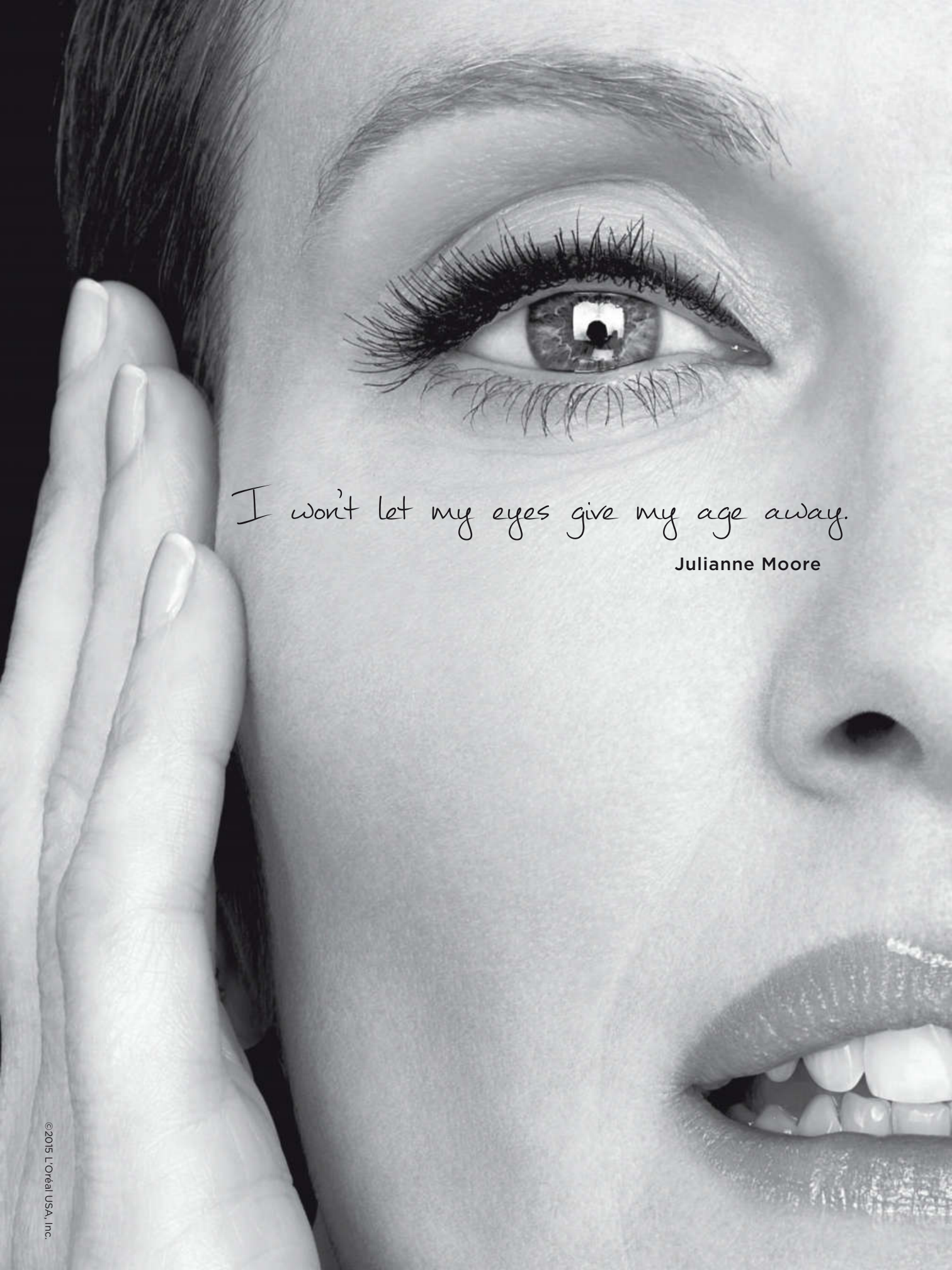
Antioxidants

Try a product containing both vitamins C and E, which work together to prevent free radical damage and lessen brown pigmentation and inflammation.

Dermadoctor Kakadu C Serum, \$95



Story continues, **PAGE 34** >>



I won't let my eyes give my age away.

Julianne Moore

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- 4 MINIMIZES THE APPEARANCE OF CROW'S FEET
- 5 SMOOTHES THE LOOK OF CREPINESS



L'ORÉAL
SKIN EXPERT/PARIS



Healthy Habits

Beautiful skin requires more than just powerful products. Frank Lipman, MD, offers these six tips for getting—and maintaining—a gorgeous glow.

Choose whole foods that are high in vitamins and nutrients, such as wild-caught salmon (omega-3s), sweet potatoes and leafy greens (vitamin A), berries and dark chocolate (antioxidants), and avocados and coconut (healthy fatty acids). Avoid processed foods and artificial sweeteners to reduce inflammation.

Stop eating three hours before bedtime to allow your body to focus on healing and repairing, instead of digesting, while you sleep.

Hydrate, hydrate, hydrate.

Your ideal amount of water is half your body weight in ounces. So if you weigh 130 pounds, drink 65 ounces of H₂O.

Limit alcohol. It's very dehydrating and inflammatory, which can lead to loose skin or puffiness.

Sweat it out. Exercise helps relieve stress and release toxins through your skin. When you perspire, you open up pores and flush out impurities, leaving skin smoother and softer.

Set up a humidifier in your bedroom to counter drying indoor heat.

Aging Authorities

Joshua Zeichner, MD assistant professor of dermatology at Mount Sinai Hospital

Ranella Hirsch, MD dermatologist

Neal Schultz, MD dermatologist, host of *DermTV* and creator of BeautyRx by Dr. Schultz

Macrene Alexiades, MD associate clinical professor at Yale University School of Medicine

Frank Lipman, MD integrative and functional medicine physician and author of *The New Health Rules*

The Necks Step

Good skin shouldn't end at your chin. The jawline and neck start to soften and sag with age due to a combination of factors, says Macrene Alexiades, MD. Sun damage and genetics are common culprits, as are a laundry list of secondary factors (sleep habits, smoking, diet). "V-shaping" products—the latest Asian beauty trend to come Stateside—address this area and help redefine and slim the jawline with peptides and plant extracts. Massage from chest to chin in upward strokes.

OUR THREE FAVES

Lumene Time Freeze Instant Lift V-Shaping Serum, \$30

Bioelements V-Neck Smoothing Creme, \$64

Clarins Shaping Facial Lift Total V Contouring Serum, \$80



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VIOLET FEMME

Coat, Jennifer Lopez, \$150. Dress, Coldwater Creek, \$90. Shoes, Nina Originals, \$158. Earrings, Fossil, \$48.



JUST CHECKING

Coat, Molly Bracken, \$160. Top, Robert Rodriguez, \$79. Skirt, Ann Taylor, \$109. Shoes, Easy Spirit, \$139. Earrings, Raven + Lily.



PUFF PIECE

Coat, Burlington Stores, \$80. Jeans, Jordache, \$16.50. Boots, Ivanka Trump, \$189. Gloves, Verloop, \$29.

CLOAK & SWAGGER

Cape, 424 Fifth, \$229. Sweater, Chico's, \$89. Skirt, Karen Kane, \$88. Shoes, Franco Sarto, \$99. Bangle, Roberta Chiarella, \$52. Earrings, Silpada, \$49.



Coat

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SHEAR MADNESS

Coat, Jack by BB Dakota, \$75. Dress, Joe Fresh, \$49. Tights, No nonsense, \$7. Boots, Chinese Laundry, \$120. Silver toggle necklace, Tommy Hilfiger, \$55. Gold layered necklace, BaubleBar, \$44.

WHITE HAUTE

Coat, Metrostyle, \$140. Sweater, Christopher & Banks, \$50. Pants, White House Black Market, \$98. Shoes, Sole Society, \$70. Earrings, E. Shaw Jewels, \$85. Ring, Tommy Hilfiger, \$55.

VESTED INTEREST

Vest, Athleta, \$148. Sweater, Joe Fresh, \$39. Blouse, J.Jill, \$79. Jeans, Arizona, \$40. Scarf, Verloop, \$57. Shoes, Report Footwear, \$75. Earrings, Origami Owl, \$20.

CAMEL LOT

Coat, L.L. Bean, \$179. Pants, Lisette L. Montreal, \$150. Shoes, Louise et Cie, \$139. Earrings, Marlyn Schiff, \$46.

Check

any of eight trendy toppers. By Nicole McGovern • PHOTOGRAPHY BY JEFF OLSON

SIZE Matters

A “dollop” can mean many things when it comes to beauty products. Slather, blend and dab like a pro with our application cheat sheet for hair and skin care.

BY DORI KATZ



Four Tablespoons

Use at least this much sunscreen for your body. And don't forget to re-apply throughout the day.



Shot Glass

When using a foaming mousse, don't go overboard. Dab on roots for volume or all over for soft waves.

Pea

Ideal for eye cream, hair wax and hair oil. When applying oil, avoid the roots and focus on mid-shaft to ends.



Nickel

The perfect amount to cover your face, whether with cleanser, sunscreen or moisturizer.



Golf Ball

Hair mask and conditioner (for thick, coarse strands) need enough for even distribution.



Quarter

Use a coin-size dollop of hair gel or shampoo—both of which should be applied at the roots.

EXPERTS

Renée Rouleau, celebrity esthetician
Sarah Potempa, celebrity hairstylist and inventor of the Beachwaver

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Second *Nature*

Designer Lauren Liess takes a laid-back approach to decorating with a neutral palette and eclectic furnishings.

By Danielle Blundell

Photography by Helen Norman

A leather sofa from Anthropologie and custom brass starburst chandelier set a modern tone in the living room. The exposed ceiling beams were hand-sanded for an aged effect, and the formerly dark space was brightened up with Benjamin Moore's Ancient Ivory. Lauren made lightweight curtains from her Lauren Liess Textiles Boho Stripe fabric. "I wanted the emphasis to be on the trees outside, so I decorated with quiet patterns and shades of beige."



Inspired by vintage baking racks, Lauren designed the kitchen's open shelving with local ironworker Tom Owens. The large marble and reclaimed wood island is an ideal spot for meal prep. Large appliance pulls make it easy for the boys to grab their snacks from the cabinet drawers.

Lauren Liess likes nothing better than a design challenge. So in 2012, when perusing the local real estate listings, Lauren didn't hesitate to snap up a 1970s house in northern Virginia that needed a major overhaul. She saw a renovation as an opportunity to test-drive her decorating ideas and share the decision-making process on her blog, Pure Style Home. Lauren, her husband, David, and their three young sons (later joined by baby girl Gisele) moved into the upstairs as construction took place below—new floors, more windows, a reconfigured master suite and an enlarged cook's kitchen made possible by removing one wall and relocating another. When the dust cleared, the designer got to work creating a laid-back and airy environment with ivory paint, kid-friendly slipcovered furniture and rustic finishes. Lauren layered in fabrics from her own Lauren Liess Textiles line and peppered the walls with artwork scored over the years at flea markets and garage sales. "The common thread running through the rooms is bringing the outdoors in," says Lauren, author of *Habitat: The Field Guide to Decorating*. "For me, earthy colors, woods with patina and woven fibers like jute and linen come together to create the perfect warm, welcoming glow."



Left: Pressed botanicals, simply framed with glass and black gaffer's tape, provide a focal point above the sink and soapstone counters. Below: White serving pieces collected by Lauren over the years make a pretty display in a wooden hutch.



Left: Lauren hung three Ikea butcher-block shelves next to the refrigerator to hold barware, storage containers and decorative objects.



“Instead of a bunch of bright colors,” says Lauren, “I like to mix metals—iron, brass, chrome and steel.”

“Pair Roman shades with fabric panels for privacy plus an extra hit of texture,” says Lauren.

The family eats most of their meals in the sunny breakfast nook. David, who's also Lauren's business partner, holds Gisele, 6 months, while Louie, 3, Christian, 8, and Justin, 5, dig into waffles. Vintage printer trays, mounted on the wall between the windows, hold the kids' collectibles. Lauren's grandparents gave the whitewashed chairs to the couple as a wedding present.



To give the small, dark dining room a cozy-not-cramped vibe, Lauren covered the ceiling with inexpensive exterior cedar siding. A mix of materials and furnishings—a vintage capiz pendant light, a metal table and chairs slipcovered in hemp—rounds out the scheme.



"I'm obsessed with ferns and botanicals and always on the lookout for vintage bookplates to frame."

The master bedroom features Lauren's ever-expanding gallery wall of black-and-white nature-inspired pictures. She fashioned the duvet from Lauren Liess Textiles Fern Star fabric. The upholstered bed is from Restoration Hardware.



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Go for a warm, elegant glow with gilded dinnerware, napkin rings and votive holders.

Linen Napkins in White, hm.com, \$6 each. Scoppio Napkin Rings in Gold, zgallerie.com, \$28/set of 4. Bunny Williams Gold Star Salad/Dessert Plates, ballarddesigns.com, \$49/set of 4. Bunny Williams Gold Star Dinner Plates, ballarddesigns.com, \$69/set of 4. Gold-Leaf-Rim Charger Plates, onekingslane.com, \$69/set of 4. Wilmington 30-Piece Flatware Set, birchlane.com, \$109/set of 6. Gold-Rim Highball Glasses, onekingslane.com, \$25/set of 4. Nate Berkus at Target Open Metal Votive Holder Centerpiece, Target stores and target.com, \$20. Nate Berkus at Target Metallic Leaf Runner in White, Target stores and target.com, \$17.



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MODERN LIFE

by Suzanne Rust

“Giving back starts with being a good, engaged citizen,” says Ilina D. Ewen, and that is how she and husband Todd have raised their two sons, Carter and Neal. “I’ve taken the boys with me to vote in every single election, big and small. We talk about the privilege and duty to vote, and they see how much I love it. We also discuss how we can help others. The boys have joined me on protest marches when our schools were on the verge of re-segregating, and they have participated in rallies to support teachers and public education. We believe in involving them with rolled-up sleeves as well as with financial donations. I serve on the boards of two organizations and volunteer a lot, and so does my husband. Our sons see us participate in our community, so it’s just natural that they join in.”

“Raising kids with a volunteer spirit isn’t easy, but it’s worth the energy.”



NEAL, 10; TODD EWEN, 47, COMMERCIAL REAL ESTATE DEVELOPER; ILINA D. EWEN, 47, MARKETING CONSULTANT AND WRITER; CARTER, 12; AND DOG LARK
RALEIGH, NORTH CAROLINA



“Carter and Neal share a profound respect for each other and are quick to point out each other’s talents—and, admittedly, faults. As they get older, they realize that they’re allies against us and often plot to get their way. It’s all rather entertaining to watch their scheming unfold.”

Ilina and Todd instilled that sort of commitment in the boys at an early age, encouraging them to share some of the contents of their piggy banks with charities of their choice. Carter’s first donation was to a local ASPCA because his first word was “dog,” and Neal’s fascination with firefighters inspired him to send money to an organization that helps families of the fallen. The couple’s efforts seem to have paid off: Carter and Neal understand the importance of giving back and being involved. Ilina is proud of her boys and the strong individuals they are. “Carter is insightful and wise beyond his years. He displays a confidence that I envy. He is open to new experiences, no questions asked,” says Ilina. “Neal is gentle and kind. He’s the kid who seeks out those who are left out or bullied. He has a silly sense of humor and a mechanically inclined mind that blows me away. He is the epitome of a sweet kid who always thinks of others first.”

Ilina says that she and her husband did not consciously set out to rear their sons to be activists—it was a by-product of spending time with them. “Both Todd and I believe in lifting up others in order



to raise our community, and we realize that we, as everyday citizens, can and should make a difference.” As a result, Carter and Neal have volunteered at a food bank and Stop Hunger Now, and the boys have written letters to their senators about topics that are important to them. For Carter it’s standardized testing; for Neal, veteran’s benefits.

“In all our volunteer efforts we focus on what we can do locally, nationally and globally. I frequently write letters to the editor and of course write about heated topics on my blog,” says Ilina.

They wanted their boys to see the big picture firsthand, so a family trip this past year to India—Ilina’s birthplace, which she hadn’t visited in 20 years—was the perfect opportunity. “Traveling as a family has significantly contributed to our sons’ outlook. They see how differently people live and how cultures vary.” The boys enjoyed spending time with their relatives, visiting the Taj Mahal, eating new foods and seeing monkeys and a tiger, but they were also very aware of their surroundings. Carter

observed the lives of other young people. “There shouldn’t be children making bricks on the side of the road,” he noted. And Neal, upon realizing that girls do not receive the same educational opportunities as boys, decided to donate his birthday money to a girls’ school they had visited in India.

Viewing the world around them made the family even more appreciative of what they have. “Before we eat, instead of saying grace, we say our thank-yous. We hold hands and each share something from the day we are thankful for.” This month they’ve begun a new tradition: using fall leaves to make what they call a (Thanks)Giving Tree. On each leaf they write down something they’re grateful for. “I dangle the leaves on branches with some twine, and it sits atop our kitchen table as a reminder of the season.” We’re guessing that their little tree will have many, many leaves.

familycircle.com

For more on the Ewen family, go to familycircle.com/modernlife.

Jennifer Garner wears sunscreen every day,
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Active Duty

Marine Corps veteran Joe Lewis has a new mission: helping children who have lost a parent in the military. *By Alyssa Brewer*

Soldiering On

After serving in the Marine Corps and both the Army and Air National Guard, Joe Lewis, 47, often worried about who would be there for the kids of his fellow servicemen who didn't make it home. So he started Angels of America's Fallen (AOAF), a nonprofit dedicated to supporting children of deceased military service members and first responders by funding their extracurricular activities. "It's about honoring these heroes' loss and validating their sacrifice," Joe says.

Growth Spurt

AOAF started out small, with Joe's

neighborhood pizza place hosting the first fundraiser in 2012. He began by working with families in the Colorado Springs area, where he lives with his wife, Shelli, 45, and sons Michael, 16, and John, 14. But AOAF quickly began to grow. With the assistance of more local events, increasing numbers of private donors and grants from groups like the Newman's Own Foundation, AOAF now assists 200 kids in 29 states. Participating children select their desired activity—anything they want, from skiing to ballet to karate. There are just two requirements: The chosen pursuit has to be physically, mentally

or spiritually beneficial, and it must include a mentoring figure, such as a coach or teacher, to provide stability and guidance. "We want the kids to have an outlet," Joe says. "We encourage them to try new things, whatever their passion is."

All-Inclusive

Running AOAF is Joe's full-time job, but he doesn't receive a salary. "It's a passion for my wife and me," he says. Shelli is the program services director and works with families to match children with the right activity. Both sons volunteer at fundraisers and enlist friends to help too. "John ran in a fundraising event with one of the children we support riding on his back!" says Joe. The 145 kids on the waiting list motivate him to expand the organization and continue raising awareness for his cause. Joe writes to all participating children, follows up on how they're doing and encourages them to continue pursuing their passions. He designed AOAF's eligibility requirements to be inclusive—kids can register whether a parent died on active duty, during a training accident or through suicide. To Joe, the circumstances aren't what matters. "A child of a soldier is going to grow up without him or her," he says. "Had it not been for the parent's service, he or she would still be here."

Honor Guard

Seeing the difference AOAF makes to the families has been the most rewarding part for Joe. "When an organization like U.S. Taekwondo Center sponsors a kid's lessons," as with 7-year-old Ryan Rudzinski [in photo], "it helps our dollars go further to help other children." He hopes to build an organization that will endure beyond his lifetime and eventually benefit all children of fallen U.S. military members and first responders. Even after a long and varied career, Joe says running AOAF is how he's found his ultimate purpose. "This is where I fit," he says. "It's not just an obligation, it's a complete honor."

To learn more or make a donation, visit aoafallen.org.

Deals That Can Cost You Big Bucks

Sure, every now and then an offer comes along that actually saves you some cash. Others can result in overspending, debt and even a lower credit score. Think twice before you agree to these five “bargains” that are anything but.

STORE CREDIT CARDS

THE CATCH: “Rewards and points encourage buying, which can lead to trouble,” says Laura Scharr-Bykowsky, a certified financial planner and principal at Ascend Financial Planning. If you can’t pay off the balance, you’ll face an average annual interest rate of 23.23%—8% higher than the average for general credit cards. Plus, applying for several cards at once can actually lower your credit score.

When it’s worth it: If you are a true-blue devotee of a particular store and always pay your bills on time, you might consider signing up for a card. Still, you may receive the same promotions and deals simply by joining the store’s mailing or email list.

CELL PHONE INSURANCE

THE CATCH: Only one in five people experience situations that would warrant having a policy, like theft or damage, says a survey by Consumer Reports. And at \$132 per year for some plans, phone insurance can cost almost as much as some forms of renters’ insurance. Yet the latter offers at least \$20,000 worth of coverage, according to ValuePenguin.com. By

contrast, the average iPhone is worth \$687.

When it’s worth it: If you’re particularly accident-prone. “It also makes sense for teens who are not responsible with their gadgets, but you should have them pay for the plan themselves,” says Scharr-Bykowsky. An option for more expensive phones is to insure them until the replacement price is something you’d be okay with handling out of pocket.

LONG-TERM CAR FINANCING

THE CATCH: A longer lease entices you with a smaller dollar amount per month, but you’ll have many additional payments. If you require \$28,711 in financing, the average for a new car, at the average interest rate of 4.71%, you’ll pay an extra \$1,500 in interest if you finance over six years instead of four.

When it’s worth it: If you truly cannot afford the car without long-term financing. In the example above, the monthly bill would be \$459 over six years, compared to \$657 a month over four years. It would be better to choose a less expensive model in that case, or wait until you can make a bigger down payment.



BLACK FRIDAY SPECIALS

THE CATCH: “Doorbusters are designed to get your attention,” says Louis Ramirez, who analyzes sale trends for DealNews. “But not all of them are as good as they seem.” The same item can be less expensive at a different time of year than during the holiday weekend. “For instance, exercise equipment will be discounted on Black Friday, but prices will be lower in December and January,” Ramirez notes.

Is it ever worth it? “No Black Friday offer is worth the time spent standing in line,” says Ramirez. Most discounts will also be available online, so there’s little reason to get up at dawn and camp out at the mall. Still, Ramirez advises, online deals can sell out as well, so be sure to check your favorite stores’ sites

throughout the Thanksgiving weekend—starting on the Wednesday before.

EMAIL SALE NEWSLETTERS

THE CATCH: That email offering 20% off might not be the best deal out there. “Before making a purchase, whether online or in-store, compare prices as much as possible,” says Ramirez. “For example, if Rue La La has a sale on Cole Haan, check the Cole Haan store to see whether they have a better promotion.” And be sure to compare shipping costs.

Is it ever worth it? Sometimes. Many shop-it-to-you services and promos from specific stores offer significant sales, says Ramirez, as long as you know an item isn’t available for less elsewhere. Look for coupons online when buying directly from a retailer.

PARENTAL GUIDANCE SUGGESTED

Talking to a tween about sex can be uncomfortably embarrassing and scary—for you.



MY DAUGHTER CRAWLED INTO THE CAR and snapped her seat belt, excited after a recent party. “We talked about boys,” Lizzie said, giggling like a schoolgirl. Which, at 12, is exactly what she is. (Or was. She is now 16, but this still feels like yesterday.) Just a few weeks ago Lizzie thought boys were icky, but now she was chattering about what she considered her ideal qualities in a boy (“kind and smart with red hair, tanned skin and enchanting green eyes”). My husband and I

exchanged knowing glances. It was time for our next “talk”—and I needed to figure out what to say very soon. The thought of having a conversation about sex with my daughter disturbed me in an entirely new way. Those earlier chats didn’t have anything to do with her actually liking boys. Or even “like-liking” them.

“If you like-like a boy, you talk about him with your friends at sleepovers. If you’re really brave, you can even tell him,” she explained when I’d inquired what it

meant to like-like someone. Lizzie then immediately added, “But we wouldn’t do anything romantic, like they did in the olden days.”

I thought back to my

Unlike me, I want Lizzie to head into her teen years armed with information so she can make educated choices.

so-called olden days. I never would have chatted with my parents about boys. And definitely not about sex. Deep into my teen years, my female parts were just the anatomically ambiguous but geographically accurate “down there.” Requesting to have “the talk” with my mom

would have implied that I had—or was thinking of having—sex. Instead, I blundered into it blindly, blissfully unaware of possible consequences: pregnancy, STDs, emotional attachments. What could happen seemed as real to the teenage me as the Tooth Fairy.

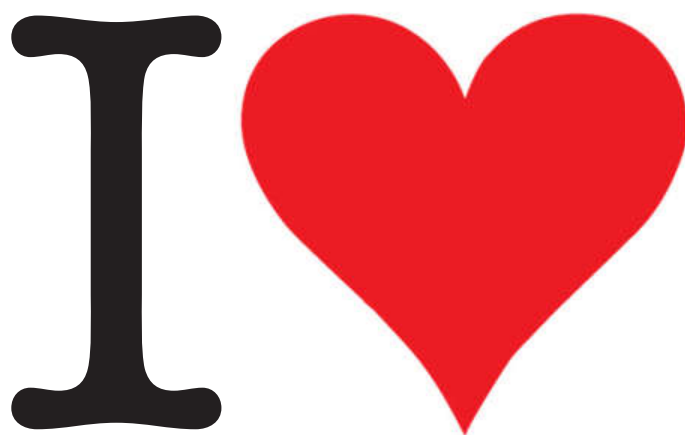
Unlike me, I want Lizzie to head into her teen years armed with information so she can make educated choices. And as terrifying as broaching the topic seemed, I decided I’d rather be uncomfortable and speak honestly than pretend I’m protecting her by staying silent on the subject.

So Lizzie and I snuggled together, bridged by the sex ed book I’d recently bought. Yes, we were both embarrassed by the pictures and the frank descriptions, but I soldiered on even as my voice quivered. At first I was glad I had the book to mask my unease, and then I was just glad to have something to stare at. Otherwise, I might have burst out laughing. Our conversation actually turned out to be pretty entertaining.

We flipped to a picture of a couple under a blanket. “You and dad don’t do that,

do you?” I assured her we did. “I’m never going into your bedroom again!” She actually shuddered. I grinned, relieved I didn’t have to worry about Lizzie having sex anytime soon—or about her barging into my room unannounced. Now I had some privacy and peace of mind.

➤ Sue Sanders’ essays have been published in *The New York Times*, *The Washington Post*, *Real Simple*, *Parents* and others. She is the author of the parenting memoir *Mom, I’m Not a Kid Anymore*.



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Neighborhood Outreach

You don't have to stew in silence when living near someone who's too loud, messy or fill-in-the-blank annoying. Learn how to avoid losing your mind.

Step One: "If there are multiple issues, prioritize the most bothersome one. Then decide what you want to happen. If your top concern is that the neighbor plays her music too loud, are you hoping she won't play it at all or simply turn it down after 8 p.m.? If it's that her kids trample your flowers, should they steer clear of your lawn or just avoid the plantings? Then talk to your neighbor. Open lightly, be clear and concise, and offer solutions not threatening consequences."

—GILL HASSON,

author of *How to Deal with Difficult People*

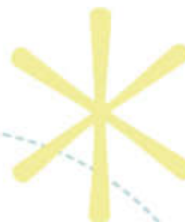


Step Two: "If nothing changes, approach with curiosity. Let's say the neighbor's dog has been relieving himself on your property. Try: 'Hey, I wanted to check in. I thought we had an agreement about you picking up after Max, but I'm still seeing poop on my lawn. What's up?' You're using a slightly firmer tone than when you first approached, but you're not escalating the issue. Be direct but conversational."

—TIM URSINY, PHD,
author of *The Coward's Guide to Conflict*

Step Three: "Ask other neighbors bothered by the problem to mention it as well, or even sign a letter together. If the neighbor is renting, talking to a landlord can get their attention. Should all else fail, stay on the high road. Document what's happening in a journal (especially if a law is being broken) and take photos or video recordings in case a mediator or the police need to get involved."

—DANI BABB, PHD, licensed California real estate broker and author of *The Accidental Landlord*



tips

Use "I" Sentences.

They invoke less blame. Instead of "Your son always blocks my driveway with his car," say "I have a narrow driveway, so it would really help me to have a wide berth to pull in."

Think Positive. Don't assume your neighbor will respond negatively to your request. If you approach with a poor attitude, you're more likely to get an uncooperative response.

SUCCESS STORY

"My husband and I bought a house and wanted to trim our neighbor's trees. They were dipping over the fence and into our backyard. So we brought the couple some wine and introduced ourselves. They invited us in, and we chatted for half an hour. By the time we brought up the tree stuff, we were already friends. They said, 'Of course, no problem.'" —Elizabeth Rogues, 32, Tampa, FL

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CAT-ESE

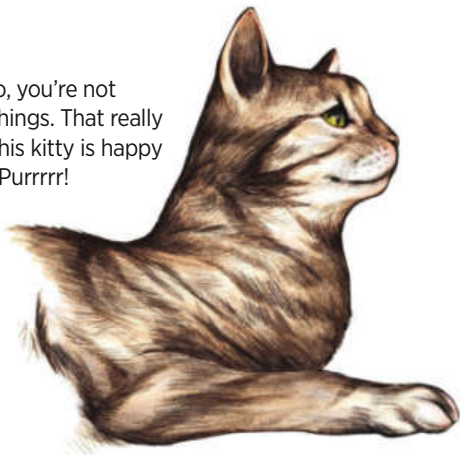
Learn to Speak a Cat's Language

Cats, like dogs, use their ears, tails, mouths and bodies to give us hints about how they're feeling, but they don't always use them in the same way. A dog wagging her tail loosely at medium height might indicate friendliness, but a cat moving her tail back and forth might indicate that an unfriendly encounter is imminent.

Let's not sell our kitty friends short; they have so much to say. Give a listen.

NOTE: This is a general guide to cat body language. Every cat has a unique range and style of expressiveness using normal feline body cues.

HAPPY No, you're not imagining things. That really is a smile. This kitty is happy to see you. Purrrrrr!



NERVOUS The typical "scaredy-cat" keeps her tail between her legs, crouches low and is bright-eyed and fluffy-tailed.



HUNTING MODE

Hunting is one of a cat's most natural behaviors. Felines on the hunt keep their bodies low and stalk their prey in silence and with determination. Steady...steady...pounce!



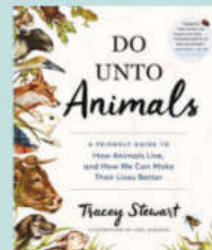
RELAXED A relaxed cat who approaches you and exposes her belly without hesitation is showing a sign of trust and calm.



FRIGHTENED A kitty with a rounded back and fur standing on end is saying, "Protect me. I'm scared!"

ABOUT THE AUTHOR

Tracey Stewart and her husband, Jon, live in New Jersey with their children and 14 rescued animals. She is a former veterinary technician. This excerpt is from her book, *Do Unto Animals* (Artisan Books).





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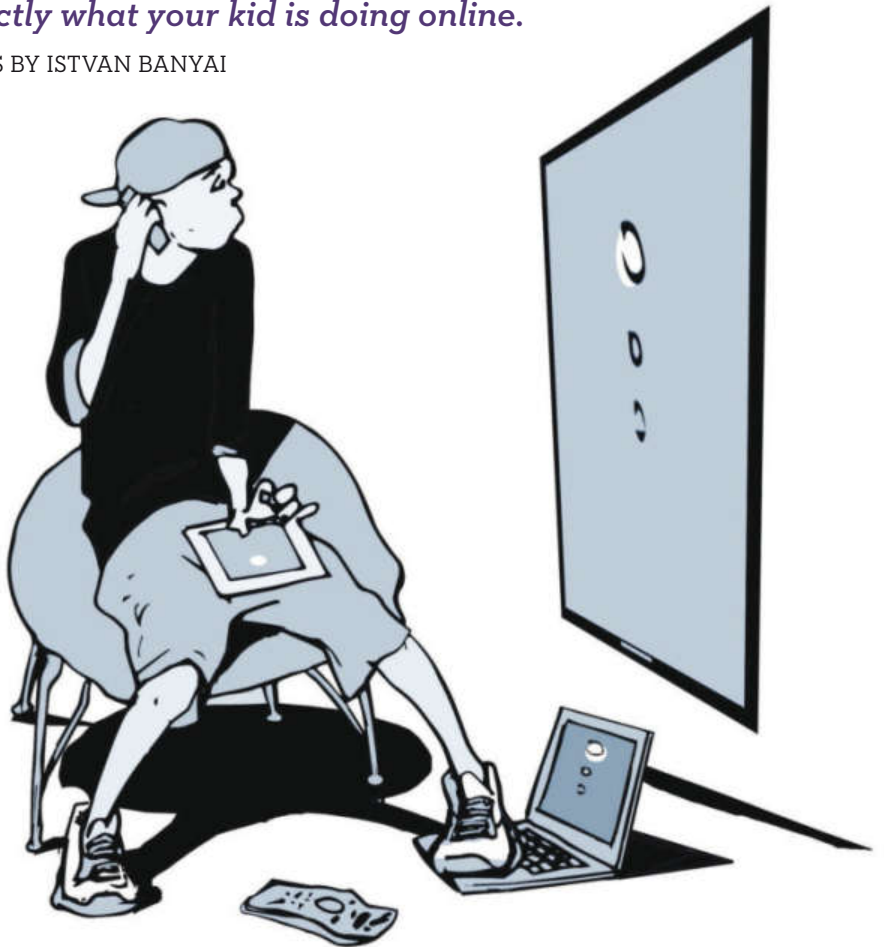


Download This

We've taken the mystery out of navigating today's digital mediasphere so you can understand exactly what your kid is doing online.

BY LISA WHITMORE / ILLUSTRATIONS BY ISTVAN BANYAI

IN SEVENTH GRADE MY BEST friend, Shannan, and I would put on dance shows for each other and pretend we were married to members of Duran Duran. Today your average middle-schooler is Snapchatting with her crush, posting selfies on Instagram and watching TV shows with jaw-dropping plots—all at the same time—whether you know it or not. While staying on top of your media-savvy kid is harder than keeping up with the Kardashians, the good news is that it's worth it. “More than 15 years of research shows that when it comes to decisions about sex, for example, parents are the most powerful influence on their teens, even more than TV or kids’ peers,” says Marisa Nightingale, senior media advisor for the National Campaign to Prevent Teen and Unplanned Pregnancy. We mined exclusive new survey data on teens and social media from The National Campaign, analyzed the latest studies and interviewed top experts on TV, Twitter and more to help you boost your digital IQ. Here's what's happening online—and some advice on the most important conversations you'll ever have offline.



53% OF TEEN GIRLS SAY THEIR PARENTS HAVE TALKED WITH THEM ABOUT A REAL-LIFE SEXUAL SITUATION BECAUSE OF SOMETHING THAT HAPPENED ON A TV SHOW THEY WATCHED TOGETHER. ONE-THIRD SAID MOM OR DAD DID SO AFTER THEY SAW A SHOW SEPARATELY.

“It’s TMI when she talks about her own life, but when my mom kept it on-screen by explaining something sexual that happened in a movie, it was helpful.”

—Noa, 14, Tulsa, OK*

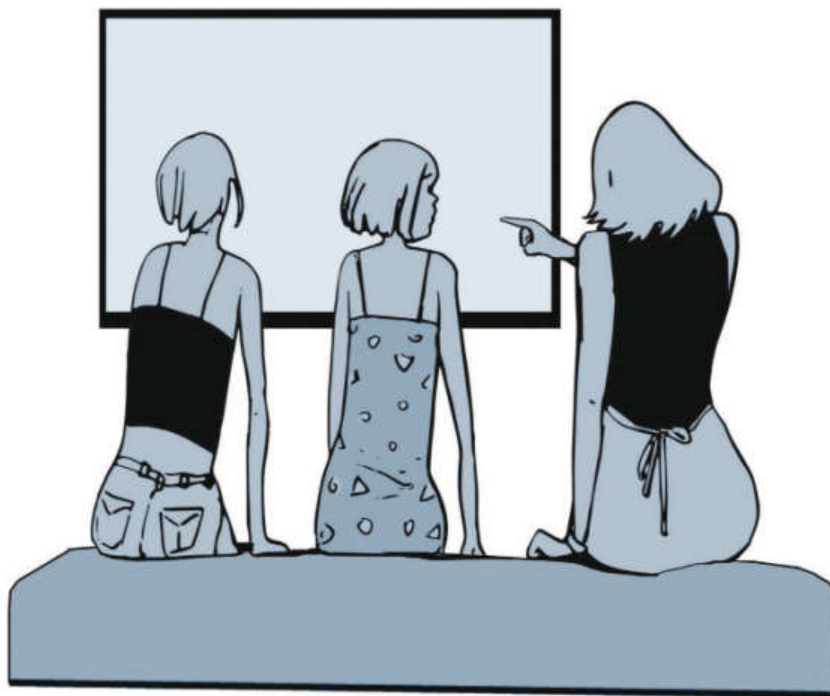
“Parents try to talk to you about sex in high school—which is way too late. The younger, the better. In middle school you encounter kids of all different ages—and experiences.”

—Romalous, 17, Jacksonville, FL

“My parents and I had a talk after we watched a news story about a girl getting fired for an inappropriate Facebook post from her younger days.”

—Shreyas, 14, Aston, PA

Unless otherwise noted, data presented here are drawn from an online survey of 1,000 teen girls ages 13 to 16 conducted for The National Campaign to Prevent Teen and Unplanned Pregnancy in March 2015 by Penn Schoen Berland, a global communications firm. The margin of error for total respondents is +/-3.1% at the 95% confidence level. *Quotes are from a discussion held exclusively for *Family Circle* by The National Campaign to Prevent Teen and Unplanned Pregnancy with the members of its Youth Leadership Team. For more information, visit thenationalcampaign.org.



52% OF TEEN GIRLS FOLLOW THEIR FAVORITE TV SHOWS ON TWITTER WHILE THEY'RE AIRING.

While it would be great if you had time to watch all six seasons of *Pretty Little Liars* so you could get the whole who-killed-Bethany thing, you've got a household to run. But you can still help your kids navigate the sometimes racy waters of their favorite TV shows. Experts suggest that if you can catch a snippet of a scene, together or apart, ask questions like "Who do you think the group would be better off without on *The Walking Dead*?" (That's Nielsen's #1 cable show for 12- to 17-year-olds, by the way.) If you follow shows on Twitter or Facebook, ask about plot twists and surprises this way: "So what did you think of Lady Gaga's debut on *American Horror Story*?" (That shockfest is #5 for the same demo.)

SOCIAL MEDIA CHEAT SHEET

You, your friends and even your aunt Helene are Facebook addicts. Your kid has a much broader world (wide web) view. Many teens today go beyond the blue banner to immerse themselves in these most-used sites.

Instagram You snap a picture and post it with a caption for friends and followers to see; you can even add a filter (retro '70s, black-and-white) to change the look of the snap. Kids post everything from images of a double-decker ice cream cone they shared with a friend to their own risqué selfies—we're talking about you, Willow Smith.

Snapchat Users send a picture or video (called a snap) to a friend. Then once it's viewed—poof!—it disappears

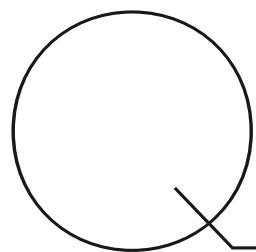
(unless someone takes a screengrab of that sext). Teens like to string together snaps into a Story, which sticks around for 24 hours. Adults have started sending kid pics this way because there's no pressure to get "likes" or comments on little Timmy's trip to the zoo.

Twitter Think of this as Facebook light: Users post updates of 140 characters or less. It's also the birthplace of the hashtag—aka, a keyword, snarky sum-up, campaign or

extra bit of info added to an update. #nowyouknow. Kids have occasionally been bullied in this space, but it's mostly for tweeting the world, your bff or your fave celeb.

Vine Mini movies on a loop—that's what you'll find on this site, where users post six-second videos that play and replay and replay. The site has channels for animals, sports, style, even food—so you can watch vids of Beyoncé dancing or skateboarding tricks.

Tumblr It's a blog, but light on the text: Tumblr users can post pictures, quotes and videos on their page, which continuously scrolls down. See everything from funny GIFs to images of teenage angst.



How do I handle my son's obsession with online gaming?

Before you freak out, sit and watch him play so you can see how he's using games, suggests Catherine Steiner-Adair, EdD, a clinical psychologist, school consultant and author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. Is he playing *Call of Duty* with strangers? Is *Halo* 5 too violent? Chances are your teen reaps real benefits from rapidly pressing all those buttons. (Some research suggests online gaming teaches kids how to collaborate.) But if your child games in the middle of the night, avoids school to play or talks ad nauseam about his favorite title, it's time to have a heart-to-heart. Explain why you're concerned, place limits on gaming and come up with ways your child can team up with friends and work on problem solving away from the screen—perhaps by taking up a new sport.

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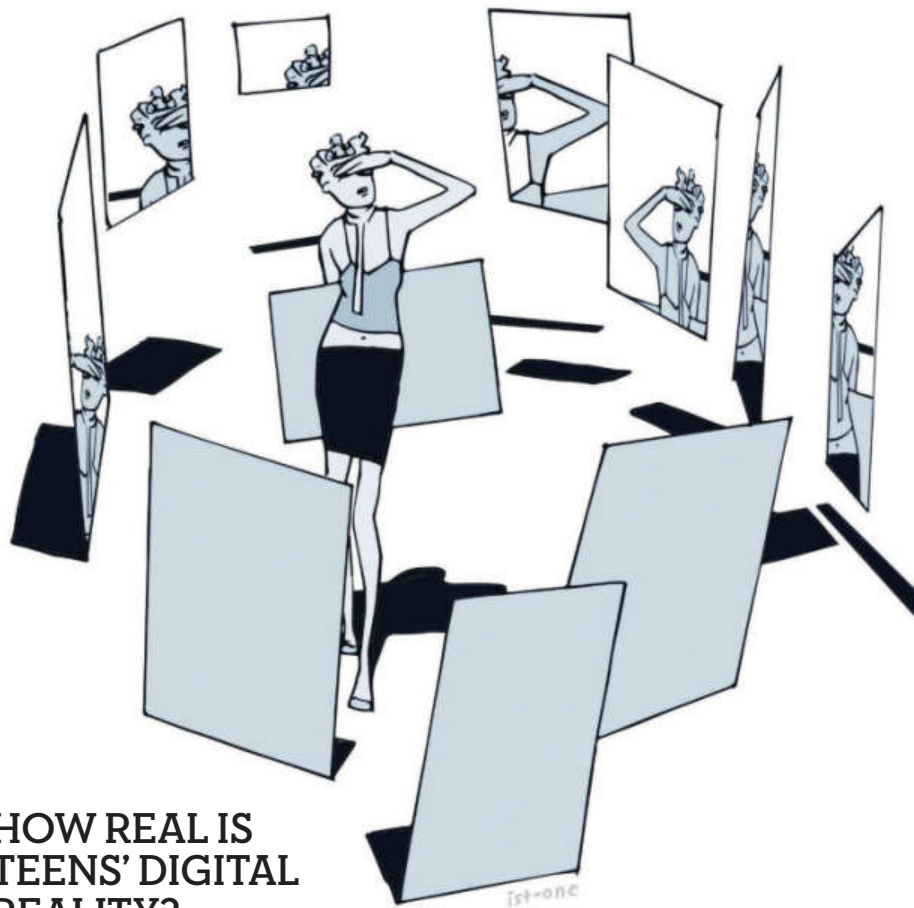


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HOW REAL IS TEENS' DIGITAL REALITY?

We all know “reality” TV is about as far from real adult life as you can get—except for *Teen Mom*. That’s real. Surprisingly, the girls surveyed in the study find that even supposed-to-be-truthful portrayals of teens in the mediasphere are also skewed. But that doesn’t mean those depictions won’t make them feel inadequate. That’s why experts say it’s crucial for parents to talk to kids about the ways people they see on the screen are different from people in real life. You might open up a conversation with something like, “So what did you think of the way Taylor-Ann was acting on *#RichKids of Beverly Hills*?” Or “Wow, I’m glad I never tried the Kylie Jenner challenge, aren’t you?”

9 OUT OF 10

TEEN GIRLS SAY THAT TEENAGE LIFE IS NOT
ACCURATELY DEPICTED ON TV.

“Men are constantly portrayed as the providers and the caretakers in the media, which can be harmful.”

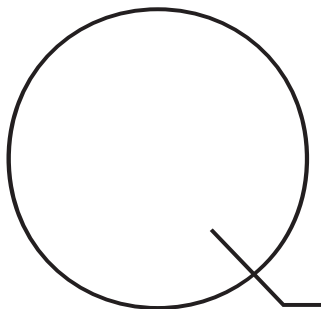
—Sam, 16,
Washington, DC

“Relationships take much more work than the media shows.”

—William, 17,
Crystal Lake, IL

“You come to expect things you see in the media. You think, ‘I wish a guy would do that for me.’ It lowers self-confidence.”

—Alexis, 16,
Louisville, KY



How can I get my kid to stop multiscreening?

Chances are your teen tells you that working on several tabs on the computer—or even multiple devices—at once isn't a big deal. But it is. "Multiscreening undermines a child's capacity to develop focus. It can interfere with retention and learning," says Steiner-Adair. "But kids can get that focus back by working it like a muscle." Strengthen your teen's attention span by inquiring instead of criticizing. Be curious before you're critical. When you see her multitasking, ask your teen how much she thinks she's able to learn while researching her term paper, Instagramming and texting at the same time, suggests Steiner-Adair. Or upload a time management app, such as RescueTime, with her. It will track and report activity on websites and applications to compare how she thinks she's spending her online time with what she's really doing. If all else fails, unplug, turn off the Wi-Fi or collect your kid's phone during homework hours.

familycircle.com

For more conversation starters, tips for managing social media and advice from real teens go to familycircle.com/onlinetalk.

Continued on page 84



Comfort never looked so good.



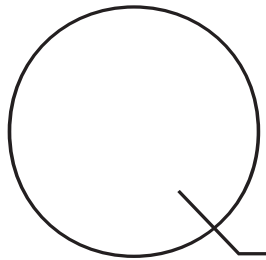
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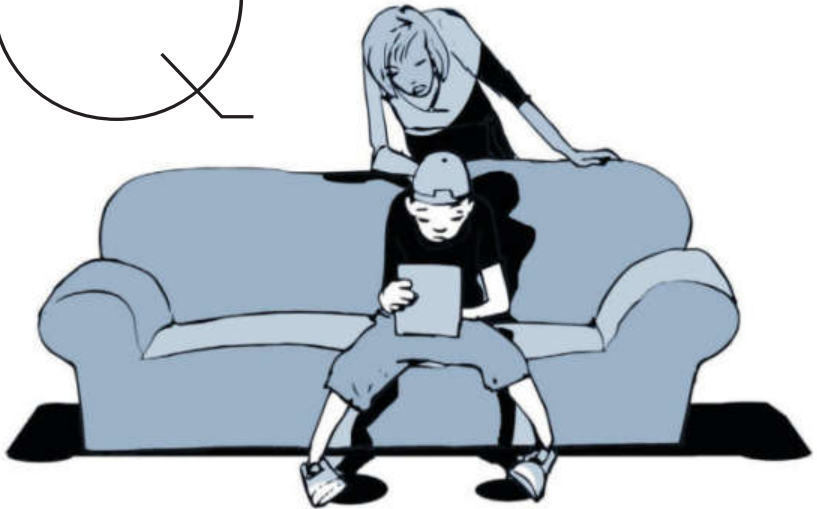


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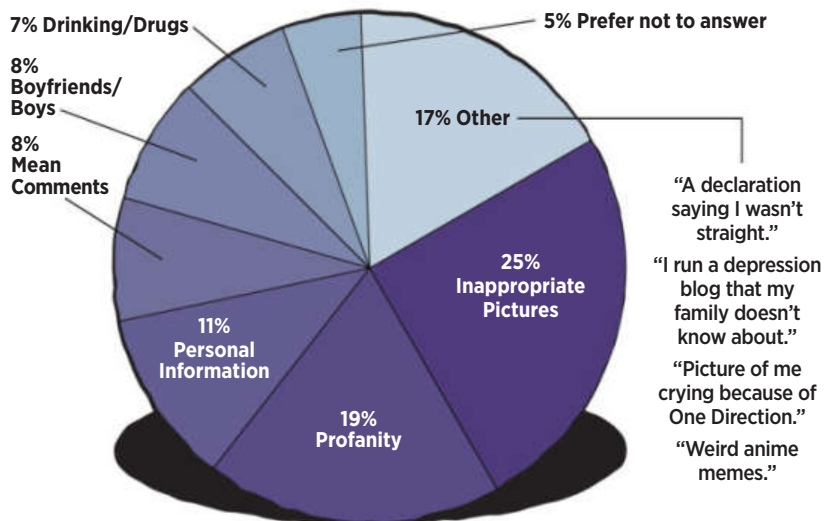
How can I stay on top of all of my child's online use?



You can't. "Constantly policing kids is a waste of time, because they use so much technology," says Dina Borzekowski, EdD, research professor in the Department of Behavioral and Community Health at the University of Maryland School of Public Health. What you can do: Keep an open conversation going about what's appropriate online. Decide how much screen time is enough and what kind of language he should use online.

Discuss how what you post can have infinite consequences. Make it a condition of online access that you have your teen's passwords so you can support and protect him. Log on once in a while to check on your kid, says Michael Rich, MD, MPH, director of the Center on Media and Child Health at Boston Children's Hospital. And ask to see his texts (no, really). Texting is a privilege and can have legal consequences.

SILENT CONFESSIONS One in three teen girls have put something on social media they wouldn't want their parents to see. Check out what these kids posted online so you can talk to your teens about what's appropriate.



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Season's Greetings

It's beginning to look a lot like Christmas—especially at these festive family destinations.

By Darcy Jacobs

Four million lights brighten up Hersheypark's holiday nights.

Boston, MA

MERRYMAKING MOMENT Boston's beloved Faneuil Hall Marketplace (dating from 1743) is now home to Blink! A Light & Sound Extravaganza (as well as what's billed as the Northeast's tallest Christmas tree). The choreographed light display dances to the tunes of the Boston Pops' Holiday Pops. faneuilhallmarketplace.com/blink

STOCKING STUFFER Santa is coming! Santa is coming! Paul Revere may have yelled that instead, had he taken the Freedom Trail Foundation's Historic Holiday Stroll. Festive traditions, revolutionary highlights—and Boston Cream pie—deliver a taste of the city's illustrious past (including the American premiere of *A Christmas Carol*). thefreedomtrail.org

Clifton, OH

MERRYMAKING MOMENT Legendary Lights of Clifton Mill has been named one of the best illuminated displays in the U.S. The historic (still working) mill—along with the gorge, riverbanks and surrounding trees—is lit up by 4 million bulbs synchronized to music every hour. cliftonmill.com

STOCKING STUFFER Downtown Dayton (a short drive away) kicks off its Holiday Festival with the Grande Illumination Tree

Lighting and Children's Parade, followed by a month of free events and family activities. downtowndayton.org

Charleston, SC

MERRYMAKING MOMENT Drive through 3 miles of more than 700 fantastic displays at James Island County Park's Holiday Festival of Lights. Then check out the other offerings, including a Victorian carousel,

Ho, ho, ho! Santa greets visitors at Charleston's James Island County Park.



Santa's Village and homemade gingerbread houses. holidayfestivalofflights.com

STOCKING STUFFER On December 12 Charleston Harbor hosts its 34th Parade of Boats. charlestonparadeofboats.com

Great Smoky Mountains, TN

MERRYMAKING MOMENT The Bavarian-influenced town of Gatlinburg—at the entrance to the Smokies—and nearby highways and roads light it up LED-style. Gatlinburg Winter Magic includes dancing fountains and animals indigenous to the area. During the day, head to the top of Mount Harrison on the Ober Gatlinburg Ariel Tramway for skiing, tubing and even (tame) wildlife encounters. gatlinburg.com; obergatlinburg.com

STOCKING STUFFER At Dollywood, about 10 miles away in Pigeon Forge, you'll find a very Smoky Mountain Christmas—rides, performances and singing galore—as well as Christmas Place, one of the largest ornament stores in the country. dollywood.com; christmasplace.com

Hershey, PA

MERRYMAKING MOMENT Holidays at Hersheypark Christmas Candylane are a real sweet deal: \$18.85 admission. Not only is the deliciously charming park glittering with cheer, but for the first time a few coasters (weather permitting) will be operational, including the stomach-saulting sooperdooperLooper and the newest attraction, the indoor Laff Trakk. hersheypark.com

STOCKING STUFFER Head to Amish country and hop aboard the Strasburg Rail Road Santa's Paradise Express (or opt for the Christmas Tree Train or The Night Before Christmas Train). strasburgrailroad.com

McAdenville, NC

MERRYMAKING MOMENT The small town of McAdenville has been transforming itself into Christmas Town USA for nearly 60 years. Hundreds of trees are decorated, wreaths adorn the city's light poles and every house is decked out in Christmas finery. Visitors can drive or walk through. mcadenville-christmastown.com

STOCKING STUFFER The Christmas Town 5K gives participants a sneak peek at the decorations before Christmas Town's official start. mcadenville-christmastown.com

Miami, FL

MERRYMAKING MOMENT The weather outside is delightful, yet Santa's Enchanted Forest proves that Christmas cheer is a state of mind. Billed as the world's largest holiday theme park, it features rides, shows, games

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and much more in a festive (and balmy) atmosphere. santasenchantedorlando.com
STOCKING STUFFER Visit one of Miami's beautiful beaches and make a snowman out of sand. miamiandbeaches.com

Nashville, TN

MERRYMAKING MOMENT A Country Christmas at Gaylord Opryland Resort is a one-stop winter wonderland, with ice sculptures, snow tubing, skating and carriage rides. christmasatgaylordopryland.com

STOCKING STUFFER No visit to Nashville is complete without sitting a spell at the Grand Ole Opry, but to add a southern twang to your holiday, cruise along the Cumberland River while enjoying the countrified Christmas show on the General Jackson Showboat. generaljackson.com

New York, NY

MERRYMAKING MOMENT It's a dance-off between the high-stepping Rockettes (and rockin' Santas) at the Radio City Christmas Spectacular and the enchanting world of *George Balanchine's The Nutcracker* at Lincoln Center. And, of course, there's the iconic Rockefeller Center Christmas Tree, the department store window displays, including Saks Fifth Avenue's 3-D projected show, and the shimmering UNICEF Snowflake gracing the intersection of Fifth Avenue and 57th Street.

radiocitychristmas.com; nycballet.com

STOCKING STUFFER Next stop is the Holiday Train Show at the New York Botanical Garden in the Bronx. Model trains whoosh around NYC's famed landmarks (created from natural materials like leaves and bark) housed in a Victorian glass conservatory. nybg.org

Orlando, FL

MERRYMAKING MOMENT 1 Every evening at Universal Studios Florida the Macy's Holiday Parade (balloons and all) floats its



Let it glow: The Magic Kingdom's Cinderella Castle is "Frozen" for the holidays.



Welcome Grinchmas at Universal Orlando's Islands of Adventure.

way down the re-created streets of NYC. At the adjacent Islands of Adventure, the classic Dr. Seuss tale is brought to life in the Grinchmas Who-liday Spectacular, set to music by Mannheim Steamroller. universolorlando.com

MERRYMAKING MOMENT 2 Walt Disney World Resort offers its own very Disney celebration. All four parks are aglow with lights and enchanting decorations, but during the beloved fireworks at The Magic Kingdom, Cinderella Castle transforms into a glistening *Frozen* ice palace. At Epcot, a celebrity narrator shares the story of Christmas accompanied by a live choir and orchestra. disneyworld.disney.go.com

STOCKING STUFFER A nightly tree lighting sets the stage for a free (yes, free) 25-minute Cirque Dreams holiday performance at Orlando's Gaylord Palms Resort & Convention Center. marriott.com

BONUS MERRYMAKING MOMENT The Southern California counterparts of both parks—Universal Studios Hollywood and Disneyland—offer holiday celebrations similar to those in Orlando.

universalstudioshollywood.com;

disneyland.disney.go.com

BONUS STOCKING STUFFER The Mission Hotel & Spa in Riverside, CA, welcomes all visitors to its stunning and renowned Festival of Lights. missioninn.com

Williamsburg, VA

MERRYMAKING MOMENT Journey through Christmases past at Colonial Williamsburg with candlelit tours, ghost walks, musical performances and joyful feasts, in addition to all the other intriguing offerings of this living-history museum.

colonialwilliamsburg.com

STOCKING STUFFER Spend an enchanted evening at Busch Gardens Williamsburg's Christmas Town. Along with rides—including a coaster, weather permitting—and holiday shows, the entire park is awash in more than 8 million shimmering lights. seaworldparks.com

Additional reporting by Abby Kass

Visit the websites for pricing, dates and more information.

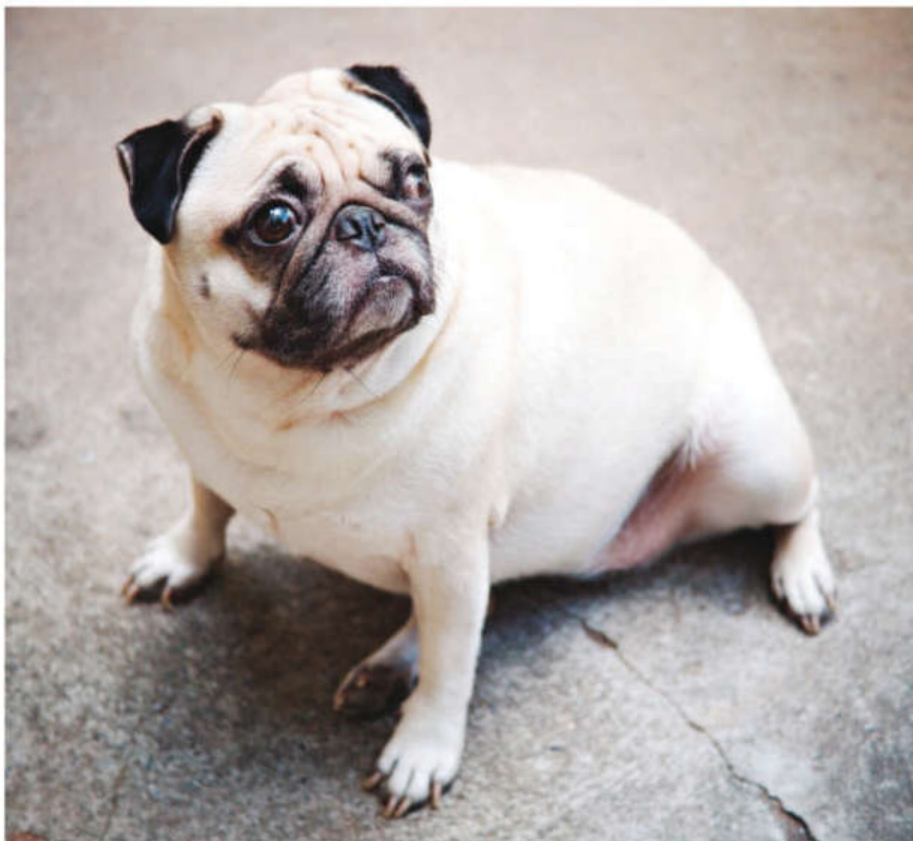
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Weighty Matters

Trim your pet down to size for a happier, healthier life.

Being overweight is as big a deal for pets as it is for humans. Long-term obesity in animals can shorten their life span and lead to heart problems, arthritis and an increased risk of diabetes. Still, more than half the cats and dogs in the United States are packing extra pounds. Here's how to make sure your furry friend isn't one of them.

CHECK IT OUT

Look at your dog or cat from above. You should be able to see a waistline and feel his ribs when rubbing your hand along his body, says Lori Bierbrier, DVM, a staff veterinarian at the ASPCA. His tummy should also tuck upward into the hind area. If his body shape is more rounded overall and you can't feel the ribs, consider him overweight.

CALL IN A PRO

A veterinarian can suggest a diet plan based on your pet's specific needs and history, and help with accurate monitoring. "You want slow, steady weight loss over a period of time," says Sue Chastain, DVM, of the Chastain Veterinary Medical Group. For more severe cases, your vet may recommend a specialized diet or even prescription food.

FEEDING FRENZY

The most common cause of pet obesity is overfeeding, says Joseph Kinnarney, DVM, president of the American Veterinary Medical Association. Dogs and cats should eat the amount specified on the back of the package, adjusted according to any instructions from your vet.

DECODE THE LABELS

Quality, as well as quantity, is key. On the back of the kibble bag or wet food can, assess the nutritional value (think protein, fat and fiber) and the type of ingredients. For example, the primary source of protein should be meat rather than corn or soy, says Bierbrier.

STEP TO IT!

Getting animals moving is crucial for shedding those excess pounds. Make walking your dog a priority—he needs 30 minutes of activity twice a day, per the ASPCA—and carve out at least half an hour of play daily with your kitty. Even the most unmotivated felines will respond to some laser pointer action! Remember not to push it, especially with severely overweight pets. "Start small, with incremental increases," says Bierbrier. Too much too soon can hurt their joints and cause extra strain on the heart.

TRICKY TREATS You can reward pets without empty calories. For dogs, try low-cal alternatives like whole baby carrots or canned green beans, says Chastain. For cats, withhold a small portion of kibble from their dinner plate to be given later as a treat, adds Kinnarney. And resist the urge to sneak them food from the holiday table. You don't want your pet to start expecting regular scraps, especially since human food isn't formulated for his nutritional needs.

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GRAB AND GO

See through confusing food labels and pick the healthiest products with our quick tips.

BY MALLORY CREVELING

PHOTOGRAPHY BY DAVID ARKY

Nutrition Facts

Serving Size 1 cup (236mL)
Servings Per Container 8

Amount per serving		
Calories 90	Fat Cal 0	
		% Daily Value*
Total Fat		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 5mg		2%
Potassium 370mg		11%
Sodium 125mg		5%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars 12g		
Proteins 8g		
Vitamin A 10%	Vitamin C 0%	
Calcium 30%	Iron 0%	Vitamin D 25%

Percent Daily Values are based on a 2,000-calorie diet.

Check the protein and calcium. Look for regular 6-ounce yogurts with 5 to 6 grams of satiating protein and 5-ounce Greek flavors with around 12. Be aware, though, that Greek versions have about 70 mg less calcium—something to consider if your family doesn't get enough dairy. When buying nut, rice or soy milk, make sure it's fortified with calcium and vitamin D.

Stick to skim. Nonfat, or at least low-fat, is a top choice for most dairy products, especially if you're watching your weight. To absorb all nutrients, pair these choices with foods like nuts, seeds, olive oil or fruit.

Consider hormone-free products. Some dairy farmers use hormones to increase milk production. While there's little research on how this might affect humans, if it concerns you, check the packaging for the organic seal or a statement similar to "from cows not treated with rbST."

Go for full-fat cheese. Just be sure to savor it in small portions. Fermented foods, like most cheeses, actually promote gut health.

THE 411 ON DAIRY

Limit sugar. Divide the number of grams of sugar by four to visualize the number of teaspoons you're consuming in a single serving. Look for no more than 3 teaspoons (12 grams) per serving of regular yogurt and about 4 teaspoons (15 to 16 grams) in Greek. If it passes that test, check the ingredients: A fruity yogurt should list fruit. If not, don't buy it. A better choice: plain yogurt mixed with fresh fruit. Also, choose unsweetened brands of cow's-milk alternatives.

ALL ABOUT GRAINS

INGREDIENTS ORGANIC SPROUTED WHOLE GRAIN WHEAT, FILTERED WATER, MALTED BARLEY, ALMONDS, SPROUTED WHOLE LENTILS, SPROUTED WHOLE SOYBEANS, SPROUTED WHOLE GRAIN SPELT, SEA SALT.
CONTAINS: WHEAT

Look for real foods. If the ingredients list is as long as your weekly to-dos, put down the package. Manufacturers list items in descending order of weight, so check that whole grains, whole wheat flour, oats or quinoa take one of the top three spots (and make up most of the list) and that sugar, high-fructose corn syrup or other sweeteners don't. Keep in mind that products with "fortified" flours are more processed, and "enriched" means the grains are refined with a few more vitamins thrown in, so think about skipping.

Check the fiber. Opt for cereals with at least 5 grams and breads with at least 2.5 grams of fiber, which helps keep you full. Confirm the source too: Your best bet is one that lists 100% whole grains. Be aware that inulin is a popular plant-based source used in grain products.

Note the sugar content.

Avoid cereals and bars that have 10 grams or more of the sweet stuff—5 to 7 grams is preferable. Breads should have lower numbers: just 0 to 5 grams. Keep in mind that no more than 10% of your total daily calories should come from added sugars. For a 2,000-calorie diet, that's about 13 teaspoons, or 52 total grams.

Nutrition Facts

Serving Size 1 slice (25g)

Amount Per Serving

Calories 80

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 150mg

Potassium 45mg

Total Carbohydrate 15g

Dietary Fiber 3g

Sugars 1g

Protein 3g

Consider the timing. When you eat cereal or a bar, think about its purpose. If you're replacing a meal, it should have around 300 to 500 calories and a protein count of 14 to 25 grams. If eaten as a snack, a bar should contain 100 to 250 calories. As for bread, always choose one that has about 80 calories or less per slice. Or go for "thin" versions that have 80 calories for two pieces.

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Pick the Best Protein

FISH. Top choices include salmon, mackerel and tuna, because they have high amounts of omega-3 fatty acids, which fight inflammation in the body. Choose fresh or frozen wild varieties, since they're more likely to be free of antibiotics and pesticides compared to farm-raised seafood.

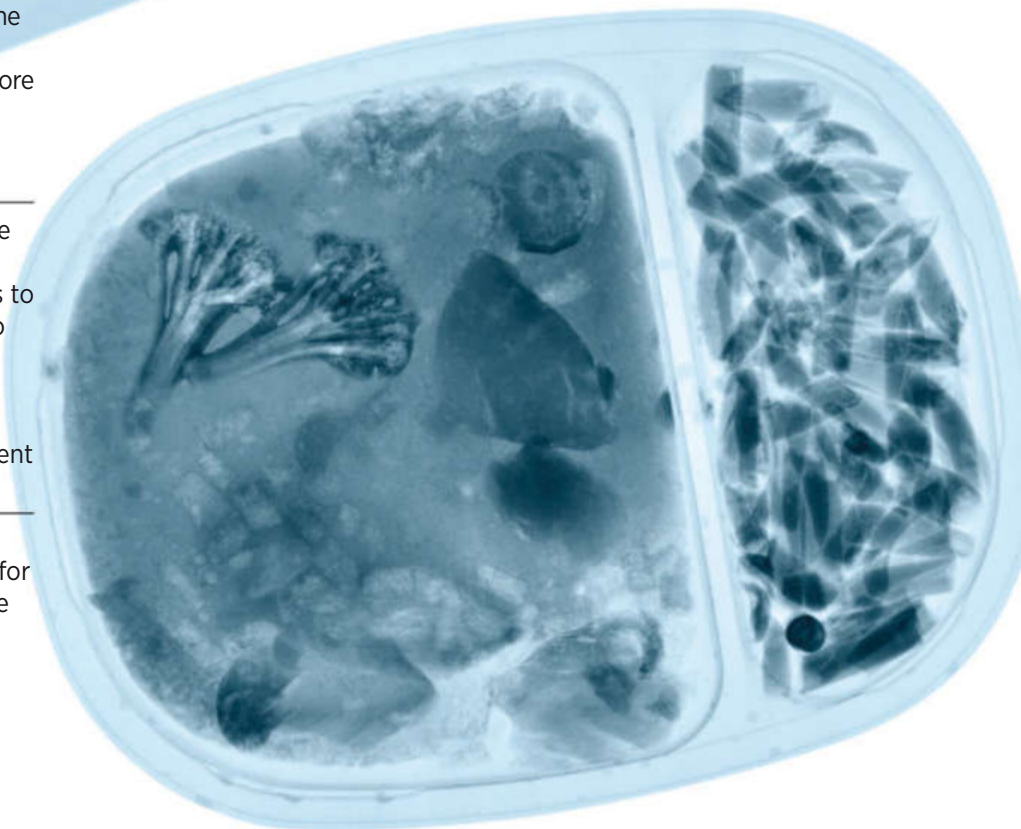
POULTRY. Opt for free-range chicken or turkey, which means the birds have access to the outdoors, or look for “no antibiotics administered.” Poultry labeled “certified humane” also meets stricter standards for animal treatment but may be pricier.

RED MEATS. The more marbling, the more fat. Opt for lean, trimmed beef with little white fat showing.

Frozen Dinner Dos

Avoid highly processed dinners whenever possible. For the nights you need something quick, pair a packaged meal with a fresh salad filled with fruits and veggies. Brands that'll satisfy nutritional needs include Evol, Lean Cuisine Marketplace and Healthy Choice—but that doesn't include their entire line, so you still have to check the labels. Here's what to look for:

- **Less than 10 grams of fat**
- **More than 5 grams of fiber**
- **No more than 800 mg of sodium**
- **Meals made with whole ingredients**



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Mind Games

Your lifestyle today can affect your brain function years from now. And ladies, you need to pay particular attention. Women make up nearly two-thirds of the U.S. population living with Alzheimer's, and our cognition declines twice as fast as men's. Beat the odds with these stay-sharp tips.



BRAIN BUSTER Too much TV

MEMORY MAINTAINER Swap Netflix binges for a language class or family game night, suggests Heather Snyder, PhD, director of medical and scientific operations at the Alzheimer's Association. "This keeps you learning, so your brain cells communicate better," she explains. Watching TV for more than four hours a day can significantly slow down how quickly you process info, a recent study found.

BRAIN BUSTER Too little exercise

MEMORY MAINTAINER Increasing your daily step count provides physical and mental benefits—even for those who already have difficulties with recall. Snyder says the payoffs may come from an improvement in blood flow and a stimulation of cell growth. Start playing a sport, like tennis, with your partner or dance around the living room with your kids more often.

BRAIN BUSTER Loneliness

MEMORY MAINTAINER Sustaining friendships and engaging in interesting discussions is essential for clear thinking as you age. According to research, retention drops 25% faster in older American adults who feel isolated (even if they don't have depressive symptoms), compared to those with strong relationships. Expand your social network by volunteering at community events or joining a local club.

Keep Your Cool

When you're stuck in traffic, have a looming deadline or get into a silly argument with your husband, just let it go. Research shows people who react poorly to everyday stressors tend to have more inflammation in the body, which can lead to an increased risk of heart disease, cancer and obesity. "Each time a person experiences a spike in negative emotions, the stress hormone cortisol gets released," explains Nancy Sin, PhD, study co-author and postdoctoral fellow at Pennsylvania State University. "While that has an anti-inflammatory outcome in the short term, if it happens over and over, the body becomes less sensitive to its regulating effects." When you start to tense up, take a deep breath and count in your head to distract yourself from racing thoughts. It also helps to call a supportive friend or relative to calm you down.

2 MINUTES

About how much time you should spend strolling every hour to combat the harmful effects of sitting. In fact, a brisk walk could lower your risk of premature death by 33%. Set an alarm for every 30 to 60 minutes and take a lap around the office.

When watching TV, use commercial breaks as a reminder to get moving.

Source: Robin Marcus, PT, PhD, associate professor of physical therapy at University of Utah Health Sciences



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15%

of 9- to 13-year-olds skip lunch during the week. And 23% do so on weekends. Though researchers are unsure of the reason, they're certain that kids who ditch the midday meal consume less of certain nutrients (such as calcium and fiber) that are critical for normal growth and a healthy digestive system. Pack your children a variety of foods to have at school during the week. For the days you're eating lunch at home, aim to sit down for a family meal of whole grains, fruits, veggies and dairy.

Source: Alison L. Eldridge, PhD, RD, principal investigator, Nestlé's Kids Nutrition & Health Study

Q&A

I'm menopausal and starting to experience vaginal dryness during sex. Can I treat it without hormone therapy?

Yes, but the road to relief depends on the severity of your symptoms, says Leah Millheiser, MD, director of the female sexual medicine program at Stanford University School of Medicine. For mild irritation, first try a silicone-based personal lubricant (such as Pink Silicone Lubricant for Women, from \$13) to reduce friction. If you're still experiencing discomfort, switch to an OTC nonhormonal vaginal moisturizer, like Replens (\$17 for eight applications) or K-Y Liquibeads (\$19). Those with more severe dryness should consider a prescription option, like Ospheña, a non-estrogen pill that helps to rebuild vaginal tissue and therefore reduces any discomfort during intercourse. Also, a new office-based laser treatment called MonaLisa Touch decreases dryness by restoring elasticity to vaginal walls. Women without a history of blood clots or breast or uterine cancer should talk to a doctor about a vaginal estrogen cream, tablet or ring. These effective choices do not raise the same health concerns as systemic estrogen, because the hormone is not as easily absorbed into the bloodstream.

Cheer Up!

More than three-quarters of Americans suffer from a bad case of the Sunday-night blues. Beat workplace boredom by focusing on a responsibility that makes you happy or ask for a new, interesting project. If job pressure has you dreading the office, remember to tackle one task at a time and concentrate on what you love about your day-to-day duties. Bonding with coworkers will also boost your career satisfaction, so organize a team sport, like bowling, or form a walking group.

Source: Monster Global Poll and Kerry Hannon, author of *Love Your Job: The New Rules for Career Happiness*



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Happy to HOST

Holiday Entertaining Tips from Domestikated Life blogger, Kate Bowler



There's a lot going on during the holiday season—especially if you're hosting friends and family. Kate shares some easy party prep ideas, allowing you to enjoy yourself while entertaining—*because when you're having fun, your guests will too!*



For even more entertaining ideas, visit Kate's blog at domestikatedlife.com

1 Get creative with your pie baking this season and invest in a set of **small alphabet cookie cutters**. Using the cookie cutters, stamp out letters from dough to decorate pie tops and crusts with fun messages for your guests like "thankful" or "happy holidays" or even your family's name.



2 Look no further than your grocery store for inspiration for **holiday-inspired place cards**. Tie a small ribbon written with each guest's name around a pumpkin or gourd, tuck a place card in the leaves of a fresh artichoke, or use fresh herbs to create mini-wreaths for each guest's place setting.

3 Elevate holiday courses by serving them in **'dishes' made out of natural objects**. Consider baking mac and cheese inside hollowed out apples, serving a butternut squash or pumpkin soup inside of a hollowed out gourd or pumpkin, or bake stuffing inside scooped out zucchini boats.



4 Mix up your typical holiday leftover sandwich by using leftover turkey or chicken to make a delicious cranberry chicken salad. Chop up leftover turkey or chicken and mix in a bowl with cranberry sauce, mayonnaise, scallions, walnuts and dried cranberries. Chill in the refrigerator and then serve on toasted bread.



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[sweetswaps.com](https://www.sweetswaps.com)

Hidden Valley Ranch Roasted Root Vegetables

Roasted root vegetables are a classic side dish for all holiday entertaining occasions. This season, add a little extra punch to this traditional recipe and roast your veggies with a ranch seasoning.



[hiddenvally.com/recipe](https://www.hiddenvally.com/recipe)

Ingredients:

- 24 oz. mixed new potatoes
- 1 large carrot
- 1 large sweet potato
- ½ red onion
- 3 cloves of garlic
- 2 shallots
- ¼ cup olive oil
- ½ packet of Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix



Instructions:

- Preheat oven to 450° F.
- Clean and prep root vegetables and combine in a large bowl: quarter new potatoes, peel and slice carrot into half-inch slices, peel and cube sweet potato, cut red onion into 6-8 parts.
- In a separate bowl combine minced garlic cloves and shallots, olive oil, and Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix. Mix until seasoning mix is fully incorporated.
- Pour ranch mixture over root vegetables and toss to fully coat.
- Arrange in a baking dish and roast for 30-40 minutes, until vegetables turn a golden brown.



Empty Chairs

How to cope when this time of year reminds you of loved ones lost.

When my mother passed away a few years ago, the question of how I would fill the void she left behind, especially during the holidays, set off a profound sense of confusion and resentment. The uncertain and unfamiliar terrain of navigating my mom's death was coupled with the realization that the rest of the world keeps moving on. I'd still have to manage Thanksgiving dinner and Christmas gifts... without her. Looking at who was sitting in the living room or at the dinner table could be a painful trigger for sadness and make me wish to go back to the past.

If you're mourning the loss of a loved one this season, allow yourself to experience all your emotions (anger, longing, fantasy) without judgment. If tears come, let them flow; if joy arises at a happy memory, embrace it. The irony of a family member passing is that you had to love them first in order to feel their loss. So loss can be a reminder of love. Grief can give way to gratitude. And absence can be an impetus to create new traditions. By sharing memories at the dinner table or around the tree, we remind ourselves of the significance people hold in our lives and the magic of family.

THE 24-HOUR HOLIDAY / If spending the holidays with family stresses you out, make it a drive-by. Maximize your moments but minimize anxiety by committing to only one day of smiling and connecting. Then depart—without guilt.

Q Even though we've been together for seven years, my fiancé prioritizes his children from a previous marriage over me. I feel ignored and disrespected by the adult kids, who don't consider me a part of their father's life. I'm helping him raise his 11-year-old daughter by another woman, but if this situation isn't fixable, I need to know.

Your fiancé appears to be loyal to both his previous and current obligations, which is certainly an admirable quality. Perhaps your concerns are less about his kids and more about what you need from him to feel respected and fulfilled. Building and maintaining a successful relationship requires trust (which it sounds like you have) and communication (which you might want to work on a little). Find a quiet time to discuss how you can both make each other feel more connected and respected. Write down two things that you need from him—and ask him for two things that he needs from you. Keep the requests simple, attainable and doable: for example, comforting or sticking up for you when his kids aren't kind. If you can listen to each other without bringing up past hurts, this situation will fix itself.

familycircle.com

Got a question for Dr. Janet? Email us at askdrjanet@familycircle.com.

A mother of four, Janet Taylor, MD, MPH, is a psychiatrist in New York City. Follow her on Twitter @drjanet.

A Farewell to Angst

How to avoid budget-blowing spending sprees, marathon meal-making sessions and emotional meltdowns—so you can enjoy the real reason for the season.

BY RACHEL RABKIN PEACHMAN

Ah, the holidays.

They bring with them your aunt's amazing sweet potato pie and *Peanuts* nostalgia. Unfortunately, they also usher in jaw-dropping credit card debt, extra pounds and epic-level arguments. Unfair? Absolutely. Inevitable? No way. We talked to experts in mental health, finance, nutrition and more to create a life-changing holiday pre-habilitation plan for avoiding the pitfalls of the most wonderful time of the year. Follow these tips and you won't have to worry about tightening your belt, slimming down or making amends come January 1st.



Create a To-Don't List

Yes, you read that right. But first you'll need to make a to-do list. "Once you write something down, you can avoid the stress of ruminating," says Holly Phillips, MD, an internist and author of *The Exhaustion Breakthrough*. Then review each item, asking yourself: "Can I delegate this?"

(maybe your spouse can buy prepared side dishes instead of you cooking all night) and "Can it wait until January?" (say, that basement clean-out you've been meaning to tackle). If the answer is yes to either, move it to your to-don't list. You'll feel lighter and better able to take on what's truly important.

Save Hundreds of Dollars

1. Get real about your budget. "One of the top holiday spending mistakes people make is underestimating the total cost," says Lynnette Khalfani-Cox, author of *Zero Debt*. "Set a realistic budget now that accounts for not only gifts but also travel, home furnishings, decorations, food and other extras." And write it down: Mental estimates won't hold you accountable.

2. Skip the gifts. "Some years I've given my children a choice: We can go on a trip together or stay home and get presents," says Khalfani-Cox. "They've immediately said, 'Let's go!' because they've learned that the experience of having their parents unplugged and with them somewhere new—even just for a day outing—is much more meaningful and memorable for them." It's also potentially cheaper for you.

Forget Being Flawless

"Don't aim for a perfect holiday—aim for a unique one," says Tony Crabbe, business psychologist and author of *Busy: How to Thrive in a World of Too Much*. "You won't feel pressure to compare your holiday with others' and you'll focus on enjoying the ride."



3. Beg, borrow and deal. Why spend money on a new centerpiece when your bestie won't be using hers the night of your party? Or purchase a reindeer outfit for your son's school play when your neighbor's kid played the part last year and has the costume? Look for resources around you—and return the favor when the time comes.

Go Shabby Chic

Make a rustic table cover or runner out of butcher paper, suggests David Stark, event designer and author of *The Art of the Party*. "The kids can work on this in advance, doodling festive pictures, or

you can write guests' names on the paper instead of place cards," he explains. "Each guest can receive a marker next to her spoon so she can write the things she's thankful for."

Squeeze in You Time

We promise: It's not impossible and it's actually essential. "These months are so hard because people haven't nurtured themselves, yet they're running around on empty and are expected to take care of others," says Panache Desai, author of *Discovering Your Soul Signature*. "Before the year-end festivities, it's more important than ever to do things that build up your strength and self-confidence."

In 1 minute... Take a few deep breaths, focusing your attention on each inhale and exhale.

In 2 minutes... Read a short, inspiring piece of literature like a poem, motivational book or religious passage.

In 3 minutes... Schedule future time to unwind. Consider booking an appointment to get your hair or nails done before an upcoming party.

In 5 minutes... Meditate. Spending time witnessing stray thoughts will not only calm you but keep you focused.

In 10 minutes... Call a friend who lifts you up or take the scenic route home.

Choose to Not Choose

Lightsaber or Millennium Falcon toy? Shiny or plain wrapping paper? Burnt sienna or brick red lipstick? "A big thing that gets people overwhelmed during the holidays is having to make a million micro-decisions," says Melissa Cohen, LCSW, psychotherapist and creator of the Relationship Roadmap, an online couples coaching program. Experts call it "decision fatigue." Reduce the strain on your brain by eliminating all nonessential choices.

1. Automate as much as you can. Serve the same breakfast all week. Wear dresses instead of spending time coordinating tops and bottoms. There's no need to reinvent the wheel every day.

Rethink Classic Recipes

If history has proven that you won't be able to control yourself when faced with, say, Thanksgiving stuffing, plan to make it early in November and again in December so Turkey Day won't be the only chance you'll have to dig into it. "You may be able to keep your portions in check when you have the treat more frequently," says registered dietician Molly Morgan.

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Relax with Your Senses

LISTEN... to a song that makes you smile. Or even belt it out yourself for an emotional boost. “This stops your fight-or-flight response and releases feel-good chemicals,” explains Ruth Curran, author of *Being Brain Healthy*.

SMELL... a calming scent. If your grandma’s cinnamon buns always made you happy, open a jar of cinnamon and let the aroma usher in memories. It can make any unpleasant activity more tolerable.

LOOK... for a distraction. Anxious while setting the table? Home in on any object in the room (say, your curtains) and think about how many other types of window accents there are (blinds, valances, shutters), says Curran. That simple, distracting brain exercise can diffuse anxiety.

FEEL... how tense you are and make an effort to relax. For example, are your shoulders up by your ears? Have you been clenching your jaw? Take a 15-second inventory of your tense muscles, relax them and even give yourself a little neck massage.

TASTE... a little dark chocolate. Research shows the bittersweet treat can reduce stress while also dampening your body’s production of cortisol (which ups your appetite) and epinephrine (which increases your pulse and blood pressure).

2. *Ignore your apps.* You don’t have to know who just added a holiday song to Spotify or think about whether you need to comment on your friend’s Facebook photo. Allow yourself the break.

3. *Don’t second-guess yourself.* “I don’t care if you could have gotten a prettier housewarming gift or should’ve served the chicken—once the decision is off the list, it’s off,” insists Cohen. So say buh-bye to energy-sapping self-doubt.

5 Questions to Ask Yourself Before Eating

Q. Is this really worth the calories? “Avoid mindless eating by focusing on what is and isn’t deserving of being indulged in,” advises Molly Morgan, RD, author of *The Skinny Rules*.

Q. Am I tired? Choose foods that are high in magnesium, iron and omega-3s, such as nuts, leafy greens, salmon, tuna and beef. “If you’re running low on those nutrients, your energy can take a hit,” says Phillips. And fatigue will have you reaching for low-nutrient junk food faster than you can say “Pumpkin spice latte, extra whip.”

Q. Did I detect a hint of nutmeg? “Remember to bring mindfulness to

your food and you’ll find you are more satisfied with less,” says Jean Kristeller, PhD, author of *The Joy of Half a Cookie*. Chew slowly and let your mouth fully appreciate the flavors and textures of each bite.

Q. Am I in a bad mood? When you’re feeling upset, put in the extra effort to eat healthfully. Even moderate stress may impair self-control and cause people to make poor food choices, according to a small study published in the journal *Neuron*.

Q. Could I just be thirsty?

“As the weather gets colder, it’s easy to forget to drink fluids, but staying hydrated can help keep hunger in check,” says Morgan. Have beverages like seltzer or unsweetened tea at the ready so you remember to drink up.



Stress Less Over Presents

1. *Stock up on hostess gifts.* “Buy a case of your favorite wine or a few boxes of chocolates so you always have a gift ready to go,” says Cohen.

2. *Shop online.* “Put items in your online cart or on your wish list, and leave them there for a day or two,” says Emilie Goldman, CFP, founder of Tamarind Financial Planning, in San Mateo, CA. This gives you time to compare prices, check your budget and search for coupon codes. You’ll also avoid impulse buys, aching feet and (if you start now) rush shipping fees.

3. *Manage expectations.* Ask your children to write down what they’d like to receive this year and promise they will get one or two items from the list. Knowing they’re guaranteed a coveted present—as opposed to a bunch of random stuff—can help them savor what they receive.

4. *Make a family pact.* For extended family, suggest a spending cap on gifts (say, no purchases over \$20) or agree to make something for each other. It will give people a chance to get creative—and have fun—without going broke.

Slow the Heck Down

“When you’re in a rush, you miss the chance to enjoy special moments,” says Tony Crabbe. Next time your spouse spontaneously asks for a hug or your child wants you to watch her dance, seize the opportunity. You may think you don’t have time to spare, but the richness of this time of year comes from those micro-moments.

LIVING CONFIDENTLY WITH INCONTINENCE

About 20 million American women suffer from urinary incontinence (UI), with symptoms ranging from leaking a little urine while exercising or sneezing to running to the bathroom eight or more times a day. The good news is that most women can regain bladder control with simple lifestyle changes, according to new guidelines from the American College of Physicians.



Try these steps to wipe out worry and take charge of your health.

FLATTEN YOUR BELLY. Excessive fat—particularly in the abdomen—puts pressure on the bladder, contributing to leakage and that nagging “gotta go” feeling. Weight loss through a healthy diet and regular exercise can help about 70 percent of women with UI achieve satisfactory bladder control, Harvard University reports.



USE PROTECTIVE PRODUCTS. Don't let fear of leakage sideline you from your favorite sports and activities. Lightweight bladder control pads and underwear are available in a range of sizes and level of absorbency to provide discreet, comfortable protection and neutralize odors.

STAY HYDRATED. A common misconception is that drinking less water will prevent accidents. Actually, this tactic can worsen bladder problems. Cleveland Clinic advises sipping three to four glasses of fluids, in small amounts throughout the day. Limit fluids after 6 pm to help prevent nighttime leakage.



REDUCE BATHROOM TRIPS with bladder training. Recommended by the new guidelines, bladder training (urinating on a schedule) can be an effective way to overcome such UI symptoms as urgency and frequency. The goal is to gradually increase the amount of fluid your bladder can comfortably hold by lengthening the intervals at which you empty it.

DO KEGELS DAILY. Also advised by the new guidelines, Kegel exercises can improve or even cure incontinence. To do Kegels, start by locating the right muscles. While urinating, try to pause and stop the flow—you'll be using your pelvic floor muscles. Practice tightening these muscles for a few seconds and then relax. Aim for five minutes of Kegels, three times a day.

WATCH YOUR DIET

To reduce leakage and the urge to go, cut down or cut out these dietary culprits, all of which can irritate your bladder or increase urination.

- Coffee, tea and colas
- Spicy foods
- Carbonated drinks, such as sodas and sparkling water
- Alcoholic beverages
- Artificial sweeteners, such as aspartame and saccharin
- Citrus fruits and juices, such as orange, lemon, lime and grapefruit



LISA COLLIER COOL is a bestselling author, blogger and winner of 19 awards for health journalism. Her latest book is titled *Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke and Diabetes*.



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Two summers ago I became obsessed with breasts.

I scanned every scantily dressed woman I saw and scrutinized her pair. Were they perfectly shaped like champagne coupe glasses? Did their melonesque glory cause whiplash? Were they distractingly peppy? My preoccupation had nothing to do with a sexual orientation swap and everything to do with a mammogram. I had been diagnosed with triple negative breast cancer.

My breast surgeon recommended a unilateral mastectomy rather than the more typical lumpectomy. Because my cancerous breast had been pecked away by previous biopsies, having another chunk or two removed from my A-cup would leave me depressed in more ways than one. “After surgery we want women to love the way they look,” the doctor said. “You wouldn’t believe the results a plastic surgeon can create with reconstruction.”

Never had I considered getting cosmetic implants, which struck me as wearing your insecurity on your chest. But medical implants? That felt different. While my aerodynamic upper body had served me well over the years—I nursed a child and was built for jiggle-free running—it was distinctly off-trend. In a nation where the average bra size has ballooned to 34DD, I was living quite a few syllables short of va-va-va-voom. Once I learned my post-mastectomy options, I realized I didn’t have to.

One possibility was a long surgery that rotates muscles from the back to the chest. Another was an even longer operation that transposes belly fat, basically giving you a

tummy tuck plus a new breast. Fine with my waistline, I signed on for a third approach, which takes about four to six months and was selected by most of the more than 100,000 American women who had reconstruction in 2014. After the breast surgeon finishes the mastectomy, a plastic surgeon inserts a hollow plastic disc under the muscle of the chest wall. (In my case, the noncancerous breast would also get a tiny implant so my set would look, if not like twins, at least like sisters.) Every few weeks, saline—about a shot glass’ worth each time—gets squirted into the disc via a port in order to expand the skin. The process is alternated with any necessary chemotherapy or radiation, and it’s repeated until the patient reaches a size she deems right. In further surgeries, the doctor exchanges the disc for an implant and may construct a faux nipple that can be tattooed to match any skin tone.

Even though I was facing down the fear and pain of losing a body part—or worse—there was suddenly a plus side. With respect to plunging necklines, reconstruction could grant me an upgrade from economy to first class. The thought of finally having cleavage had undeniable appeal. Who knew cancer had a perk?

But first I’d have to get through my surgeries. The mastectomy took four hours and removed seven lymph nodes along with my right breast. You enter a hospital feeling nervous but healthy. You leave bruised, sore, swollen and bandaged. My convalescence was a word-slurring blur, thanks to my dear new companions: Valium and oxycodone, chased by antibiotics. Yet whenever I swam up from my stupor, I experienced a profound glow of gratitude. I’d learned my nodes were cancer-free! Also, I had a stellar support team. Throughout the pre-op appointments, my husband, mother-in-law and sister-in-law had been at my side, and there again was my intrepid spouse, cooking, fetching me blankets, even attending to a drain attached to my chest. I remember this stretch as one long nap punctuated by loved ones’ visits, calls, emails, cards and gifts like gourmet ice cream. This steady attention fed my courage like an IV drip.

Nevertheless, during follow-up exams I averted my eyes when nurses checked my wound. I wasn’t ready for the big reveal. It took four weeks to muster the pluck to examine my scar, only to find that I was far from freakish. The plastic surgeon had completed the mastectomy with a few squirts of silicone, to give me a gently rounded shape. I resembled a broken Greek statue, feminine on one side, tomboy on the other, embossed with a pink squiggle that stretched from mid-chest to armpit, not unlike breast cancer’s ribbon symbol.

I left the doctor's office feeling empowered—a good thing, because dealing with the consequences of a mastectomy is hair-raising. I needed to research oncologists, track down pathology slides and, in thick city heat, shuttle them between hospitals in order to seek opinions on optimal treatment, if needed. Then there was the blizzard of bills. I had solid insurance, but no plan covers everything. I couldn't help but notice that the "orthopedic device" that was placed inside me after the mastectomy to expand my tissue later looks like a toy you'd buy in Walmart—but costs a heart-stopping \$10,795. Thankfully my insurance did cover it.

Reconstruction began a month after surgery with saline injections administered via a long, scary syringe. The visits took only minutes, causing tingly pressure but—hand to God—no pain. While my left half remained dainty, my right side took off as the expander pushed the

hard to protect yourself from cancer-sisters on a mission to vent, not help. I applaud support groups, but I chose not to join one. I didn't feel dreadful and feared that being in a group would have the reverse effect of prolonging my mental stay in Cancerville. When I received my diagnosis, I never asked, "Why me?" The American Cancer Society estimates that more than 230,000 new cases of invasive breast cancer will be diagnosed in women in the United States this year. Given the numbers, shouldn't any woman ask, "Why not me?"

As I feared, following my party conversation, worry replaced optimism. I felt as if my courage had been stolen. Post-reconstruction, might I look deformed, with a bespoke breast that was higher than its partner, sagged low or had wandered over by my armpit? I'd chosen to stop after three injections, but now I wondered, was this number inadequate and would I kick myself for the rest of my flat-chested life? What if my

body developed rocky roads of scar tissue? Infection? Lymphedema? Hematomas?

While bad karma fought for airtime in my head, four months post-mastectomy I underwent replacement surgery. That evening—no hospital stay required—before I collapsed into bed, I peeked at my bandaged body: I looked well proportioned for a woman with a small frame.

I choked down monster tabs of a painkiller, since I ached far beyond the partially unzipped mastectomy scar and the incision under my remaining breast. Sleeping was nearly impossible. But I would have gotten little rest under any conditions, since hours after arriving home, my son on the opposite coast called to say his wife was in labor, a bit ahead of schedule. Twelve hours later I learned I had my first granddaughter! I sat in bed shedding tears of complex joy over the miracles I was experiencing: that the baby was born healthy, that she was here at all (since my son had also fought cancer) and that I'd survived cancer as well.

Two years later I can almost pretend that my diagnosis happened to someone else. My self-esteem has spiked from simply getting through the experience with a bit of grace as well as from the curvy result. My physical scars will never completely fade. But they remind me that I'm a woman with a designer body wrought by science. I'm a piece of work, in the laciest, sexiest bras—32D!—I've ever owned.

Sally Koslow's most recent novel is The Widow Waltz.

My self-esteem has spiked from simply getting through the experience with a bit of grace as well as from the curvy result.

skin forward to create a breast. At this point I was told I could graduate from a camisole to a wire-free bra. I felt like an anthropologist as I strolled store aisles, assessing undergarments in sizes that could accommodate a whole hutch of Playboy Bunnies until I found one pleasingly unconstructed option.

I was remarkably chipper throughout the process until the evening a hostess at a party introduced me to a guest she assumed I'd have so much in common with. The woman had also gone through reconstruction but was less than thrilled with her results.

"I had to see a physical therapist for a year to get back mobility in my arm," she moaned. Hearing her complain, I considered how glad I was to have diligently performed my rehab exercises. They hurt but, unlike her, I'd become as pretzel-y as ever. "The reconstruction was botched, twice," my new acquaintance added, to my dismay. "I've had to repeat it three times. Three!" With that, my emotional boom went temporarily bust.

The news of breast cancer, I discovered, initiates you into a populous sorority, and it's

1. Diabetes can be prevented with a pill.

You've probably heard the name of this drug before. It's called metformin and it's a common first-line defense for type 2 diabetics. But what you haven't likely heard is that by reducing glucose production by the liver and improving insulin resistance, metformin can help keep prediabetes from turning into full-blown diabetes. It's safe and effective, yet one study revealed doctors only prescribe the drug to about 8% of those the American Diabetes Association's guidelines recommend it for: prediabetics who are under age 60, severely obese or have a history of gestational diabetes.

Experts surmise it's being underprescribed because many doctors and patients seem to be unaware of the drug's effectiveness, and a spate of studies have found that lifestyle changes were more effective than metformin at preventing diabetes. "An aversion to daily medicine could also make some people refuse the prescription," explains Kevin Goist, MD, an assistant professor of internal medicine at The Ohio State University Wexner Medical Center.

However, the Centers for Disease Control and Prevention estimates that 15%

to 30% of prediabetics will progress to type 2 within five years. "For those who are unable to change diets and incorporate more physical activity into their lives, metformin is a real opportunity to prevent or delay the onset of diabetes," says endocrinologist Tannaz Moin, MD, the study's lead author and an assistant professor at the David Geffen School of Medicine at UCLA and VA Greater Los Angeles Healthcare System.

2. Even slim adults get diabetes.

It's been called type 1.5 diabetes and latent autoimmune diabetes in adults (LADA), but experts still haven't settled on a definitive name for this disease that is often mistaken for type 2 diabetes. In fact, 20% of people diagnosed with type 2 could really have (what we'll call for now) LADA, which typically occurs after age 30 and in patients who have low to normal BMIs. While symptoms of LADA can be the same as for other types of diabetes—extreme thirst, frequent urination, blurred vision and tingling in hands or feet—many patients don't experience any of these.

SURPRISING TRUTHS YOU HAVEN'T HEARD ABOUT DIABETES

Cutting-edge research and studies are changing how this disease (which strikes 29 million Americans) is classified, treated and prevented.

BY GINA ROBERTS-GREY



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Instead they learn they have high blood sugar via blood work, usually during an annual physical.

While the terminology to use when talking about this disease is unclear, one thing isn't: Unlike children with type 1, those diagnosed with LADA don't immediately require insulin to regulate their blood sugar—avoiding medication for six months or longer. That means

understanding LADA may open the door to future treatments. "Currently, the plan for all type 1 diabetics is the same: Use insulin to regulate blood sugar," says Matt Petersen, managing director of medical information for the American Diabetes Association. "But if we unlock the reason those diagnosed with LADA have a 'honeymoon' period before needing medication, we may be

able to prevent the need for others to be insulin-dependent."

4. Diabetes may harm your memory.

A small study out of Harvard Medical School showed that people with type 2 diabetes aren't able to regulate blood flow to their brain as well as nondiabetics do. That diminished blood flow may negatively impact brain health and cognitive abilities and could be one reason having diabetes was associated with an increased risk of Alzheimer's by researchers in Taiwan. New research has found that diabetics also have less gray matter in parts of the brain responsible for memory retrieval, an early risk factor for dementia.

Type 1 diabetes could be just as bad for your brain, aging it faster than normal, which impairs the processing of information and cognitive abilities, according to University of Pittsburgh researchers. "One possibility is that diabetes potentially causes changes to blood vessels and other parts of the vascular system throughout the body that may affect brain health, but more research is needed," says Heather

3. There's a breast cancer link. The demands of managing diabetes could be one of the reasons women with the disease are up to 20% less likely to get mammograms, increasing their risk of having breast cancer diagnosed at a more deadly stage. Insulin resistance and high blood sugar levels may also promote more rapid growth of tumors.

Source: Women's College Research Institute in Toronto, Canada

“ I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND. ”

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Snyder, PhD, director of medical and scientific operations of the Alzheimer's Association.

There is some good news: A large German study found that managing blood sugar with the anti-diabetic drug pioglitazone reduces the risk of dementia by 47% in type 2 diabetics who aren't taking insulin. The medicine's anti-inflammatory abilities coupled with decreasing insulin resistance are believed to offer protective benefits to parts of the brain impacted by dementia.

5. A "healthy" diet isn't necessarily enough.

Skipping sweets and sticking to good-for-you foods doesn't guarantee you won't develop diabetes. Unfortunately, the majority of American diets are stuck in a rut, consisting of the same few items. Instead of filling their plates with a variety of fruits, nuts and veggies, most Americans typically pair meat and dairy with a rice-, corn- or wheat-based partner. This unbalanced eating pattern has reduced the assortment of gut bacteria, which is believed to help regulate blood sugar levels and

inflammation as well as hormones that trigger a sense of fullness.

One recipe for balanced belly flora is simple: Add several different fiber-rich foods to your diet. Go beyond brown rice, oatmeal or whole-grain toast and try incorporating fiber-rich seasonal fruits and vegetables and a variety of nuts and legumes to keep your gut bacteria balanced. And make it a goal to get more than 26 grams of fiber a day. Consuming at least that much tames spiking blood sugar levels, lowering the risk of diabetes by 18%, according to the InterAct Consortium, a European union of diabetes researchers.

Dairy or seafood can also be protective. Separate studies have determined that vitamin D, which is found in milk, yogurt, eggs, salmon and tuna, stimulates production of gut bacteria shown in animal studies to inhibit the pancreatic inflammation thought to lead to type 1 diabetes.

6. Lowering your cholesterol can raise your blood sugar.

The heart-healthy practice of decreasing LDL cholesterol and

triglycerides with a prescription statin may significantly increase your risk of developing diabetes. It may also indirectly raise your chances of experiencing diabetes complications like kidney disease, elevated blood sugar-induced coma and eye disease. Experts believe one possibility is that the drug reduces muscle strength and conditioning. "When you lower muscle bulk, your body uses fewer calories during the day, making it easy to gain weight if you don't watch what you eat," says Ishak Mansi, MD, physician and professor at UT Southwestern Medical Center and the study's lead author. "Another reason may be that people taking statins to keep cholesterol in check may permit themselves to eat whatever they want, which increases weight and the risk of diabetes."

Mansi isn't suggesting that anyone stop taking statins. But he does advocate making an effort to lower your risk of cardiovascular disease by quitting smoking, exercising regularly and maintaining a healthy body weight. You might also ask your doctor about statin alternatives like proprotein

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inhibitors, a new class of injectable medicines that also treat high cholesterol, or embracing a Mediterranean lifestyle, which research from the University of Texas found can lower triglycerides and lower LDL cholesterol. “That means eating olive oil, vegetables, fruits, legumes, whole-grain foods, nuts, cheese and yogurt daily; limiting red meat meals to once a week or less; having fish twice a week; getting daily physical activity and adequate rest; and enjoying moderate alcohol consumption,” says Labros Sidossis, PhD, professor at University of Texas Medical Branch at Galveston and lead author of the study. “No single component can have a very significant effect alone. You need the whole Mediterranean package.”

7. Diabetes is a couple's disease. A recent Canadian study found that having a wife with diabetes increases a man's chance of developing type 2 diabetes by 26%, possibly because partners often share similar dietary and exercise habits.

Source: McGill University Health Centre

8. Diabetes can be a side effect of menopause.

Along with hot flashes and night sweats, several studies have found decreased estrogen and progesterone during perimenopause and menopause are linked to your insulin resistance and raise the risk of diabetes. “Insulin resistance makes us crave sugar, and satisfying that craving promotes belly fat. The excess weight leads to greater insulin resistance and the vicious cycle continues,” says ob-gyn Diana Bitner, MD, NCMP, of Spectrum Health Medical Group, Women's Health Network in Grand Rapids, MI. Extra fat lingering around your midsection may mean more frequent hot flashes, causing stress and even depression. “When that happens, many women look for comfort in the form of a simple carbohydrate like candy, sweets and sugary drinks, keeping themselves stuck on that merry-go-round.”

Research has shown lifestyle changes like increasing activity levels and healthy diets can counter hormone-induced insulin resistance. To keep your blood sugar in check, Bitner also suggests consulting a certified menopause practitioner (go to menopause.org) to discuss all effective ways to improve insulin resistance.

9. Your bones should beware.

Diabetics with uncontrolled blood sugar have an increased risk of fractures and decreased bone strength, according to new research out of the University of Delaware. The good news is that exercise can help build stronger bones, so long as your diabetes is well controlled.

• **low blood sugar (hypoglycemia).** Your risk of getting low blood sugar may be higher if you use TANZEUM with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. Signs and symptoms of low blood sugar may include:

- dizziness or light-headedness
- sweating
- confusion or drowsiness
- headache
- blurred vision
- slurred speech
- shakiness
- fast heart beat
- anxiety, irritability, or mood changes
- hunger
- feeling jittery
- weakness

• **serious allergic reactions.** Stop using TANZEUM and get medical help right away if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing.

• **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse.

The most common side effects of TANZEUM may include diarrhea, nausea, reactions at your injection site, cough, back pain, cold or flu symptoms.

Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of TANZEUM.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of TANZEUM.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use TANZEUM for a condition for which it was not prescribed. Do not give TANZEUM to other people, even if they have the same symptoms that you have. It may harm them.

This Medication Guide summarizes the most important information about TANZEUM. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about TANZEUM that is written for health professionals.

For more information, go to www.TANZEUM.com or call 1-888-825-5249.

What are the ingredients in TANZEUM?

Active Ingredient: albiglutide

Inactive Ingredients: mannitol, polysorbate 80, sodium phosphate, and trehalose dihydrate. TANZEUM does not contain a preservative.

This Medication Guide has been approved by the U.S. Food and Drug Administration. Revised: March 2015



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Wilmington, DE 19808
U.S. Lic No. 1727
Marketed by GlaxoSmithKline
Research Triangle Park, NC 27709

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to be a pair
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Recycle me.”***



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KEEP AMERICA
BEAUTIFUL

What's Wrong With Me?

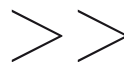
GETTING A DIAGNOSIS FOR
HER MYSTERIOUS ILLNESS
LEFT **KATHLEEN M. REILLY**
WITH MORE QUESTIONS
THAN ANSWERS.



Every mother I know regularly ties on her Supermom cape to take on more family duties than she probably should. Most of the time that heavy workload just leaves us tired or cranky. But two years ago it sent me spiraling into a health crisis.

Three months before feeling a strange tingling in my back, I'd started a 30-hour-a-week job with an eye toward raising college funds for my 14- and 15-year old sons. On top of that, I was building a thriving marketing business, managing all the family finances, caring for our elderly dog and keeping our one-acre property from becoming an overgrown wilderness. I came down with a severe respiratory infection that left me flat on my back for a week with barely the energy to cough. After it had run its course, the tingling started. The left side of my back was growing numb, as if it had been injected with Novocain. My doctor wasn't sure what this was, but she gave me an antiviral for shingles just in case.

Two days later, the numbness wrapped around my left torso. But if I very lightly ran my fingers over my skin, it felt like the world's worst sunburn—with tiny shards of fiberglass embedded on top. I went back to my MD, who prescribed prednisone, thinking the symptoms could be related to inflammation. Then things got worse. By the following week, the condition had spread down my left thigh. My doctor ordered X-rays (which found nothing) and an MRI (which picked up a suspicious dark cloud along my spinal cord). She threw out frightening possibilities (multiple sclerosis, a spinal tumor) but ultimately sent me to a busy specialist—who I pushed to get an appointment with a few weeks later. By the time I saw her, the numbness and pain ran down my entire left side and



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egglandsbest.com



were spreading to my right. Walking took focused effort, and navigating stairs was an exercise in stumbles and sweat. The only good news (if you can call it that) was that she knew what had me losing control of my body: transverse myelitis.

With only about 1,400 cases diagnosed each year in the U.S., transverse myelitis is a rare neurological disorder that is caused by inflammation of the spinal cord. “Most practitioners relate spinal cord disease only to trauma, so the initial symptoms can be difficult to link to transverse myelitis,” explains neurologist Benjamin Greenberg, MD, director of the Transverse Myelitis and Neuromyelitis Optica Program at UT Southwestern Medical Center. The disease may follow an infection (as in my case), could result from autoimmune disorders, may potentially be triggered by certain vaccinations or simply have no known cause. Unfortunately, the resulting inflammation damages nerve cell fibers that foster communication between your brain and your body—hence my loss of feeling, trouble walking

diaphragm, I wouldn’t be able to breathe.

“How do I know what’s going to happen?” I whispered.

“We’ll get you back in here in a month and take another MRI to see how it progresses,” she said, opening the exam room door. Since I’d already been on antivirals, anti-inflammatory drugs and pain meds to no avail, there was nothing she could offer me.

I left the office, emotionally numb from the news, and called my husband. Driving home I was in a fog—yet I still focused on my to-do list: Buy groceries. Take my youngest to football practice. Get his brother to play rehearsal. Bring the truck in for inspection. That night, when all the chores were done and the house was quiet, the weight of my diagnosis finally hit me. Even though I’d continued to function on autopilot, I realized it was time to start powering down and ask for help.

The next day, I told the kids what was going on. My 15-year-old son immediately took control of making dinners, my 14-year-old tackled dishwasher duty, and

“*I would sit in the parking lot, looking at a store entrance for five minutes, psyching myself up for the walk.*”

and burning sensations. Many patients lose bladder and bowel function but, thankfully, I didn’t.

Having a diagnosis gave me a spark of hope until I asked about treatment. The neurologist shook her head as she said, “There is no single treatment, but there is a 33% chance you’ll recover fully.”

I’m no math whiz, but I wasn’t thrilled with those odds. “There’s a 33% chance the damage is permanent,” she continued. “But there are therapies to help you cope.”

“We’re still missing about 33%,” I said nervously.

She nodded. “There’s an equal chance it will continue to progress,” she replied. That would lead to full paralysis, she further explained, and if it headed north, up to the part of my spine that controls my

they both started leaving little gifts (like peanut butter cups) on my keyboard. My husband spent more time driving the kids to their activities. Having more free time allowed me to furiously research my condition. I drastically changed my diet, adding B vitamins to strengthen my nervous system and loading up on whole eggs, greens, seaweed, fish and beef marrow, which some studies suggest can support and repair the nervous system. Even though there’s no proven research on diet’s impact, I still tried.

At my worst, everything from my ribs down to my legs on both sides was completely engulfed, and the muscles were painfully contracted. I would sit in the parking lot, looking at a store entrance for five minutes, psyching myself up for the walk. I pushed aside the

How to Face a Scary Diagnosis

BEWARE DR. GOOGLE. Although you can dig up plenty of useful information on the Internet, you can also uncover tales of doom that may scare you senseless. Be sure to give more weight to info you find on official associations’ pages and legitimate medical sites.

ASK FOR SUPPORT. But choose wisely: You know which friends will readily lend a shoulder and which are alarmists or will make it all about them. Seek comfort only from people who can give you what you need during a crisis.

TAKE A BREAK. It’s easy to let fear consume your thoughts. Keep it at bay by scheduling non-negotiable worry-free time, like a trip to a favorite museum or an amusement park with your family.

possibility of full paralysis or the even more terrifying prospect of needing a ventilator. Each morning I’d do a systems check in bed: Could I feel this spot on my leg? This one on my side?

“Recovery from transverse myelitis varies from person to person,” explains neurologist Bibi Bielekova, MD, chief of the neuroimmunological diseases unit at the National Institute of Neurological Disorders and Stroke. “In some cases, other neurons act like ‘good neighbors’ and take over the function of those that died. In others, damaged neurons repair themselves. But there’s nothing you can really do but wait and see.”

After three fearful months of waiting, I woke up one morning and gasped. I’d wiggled my toes and, for the first time in forever, I’d felt them!

It took almost a year to recover completely. Once the feeling in my legs had returned, there still were places, like the inside of my knees and the top of my foot, that were totally numb. Those, too, eventually healed—as did my need to take on more than I could handle. Now I delegate more, as I’ve realized I’m not a one-woman show. I’m part of a family. And I’ve learned that working together is one of the keys to keeping us all healthy.

WHERE TO LEARN MORE The Transverse Myelitis Association myelitis.org, The Johns Hopkins Transverse Myelitis Center hopkinsmedicine.org, National Institute of Neurological Disorders and Stroke ninds.nih.gov

**"I have osteoporosis.
I also play many roles in life,
including active grandmother.
I take Prolia® to help
strengthen my bones."**

Blythe Danner
Award winning actress



Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**



Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

Prolia® can cause serious side effects:

Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low

blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.


Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

For women with postmenopausal osteoporosis
at high risk for fracture: **there's Prolia®.**

 **prolia® is different:**
It's 2 shots a year.

**It's proven to help
strengthen bones.**

Prolia® is also proven to:

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

Is Prolia® right for you? Ask your doctor today.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.

 **prolia®**
(denosumab) injection

2 shots a year proven to help strengthen bones.
www.prolia.com



BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

• Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

• Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

• Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.

• Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

• Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

• Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

• Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause (“change of life”) who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?

Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen’s Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

• See “What is the most important information I should know about Prolia?”

- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

WHAT'S NEW

BATTING PRACTICE

PAGE 14: By **Terry** Mascara Terrybly in Terryfic Blue, b-glowing.com, \$48. **Paul & Joe** Smudgeproof Mascara in Pink Samba, b-glowing.com, \$26.

STYLE

SAVING FACE

PAGES 27-34: **Meaningful Beauty** Ultra Lifting and Filling Treatment, meaningfulbeauty.com, \$50 for regular shipment members and \$72 for non-members. **Dermalogica** Overnight Retinol Repair, dermalogica.com, \$85. **Prescriptives** Super Line Filler, prescriptives.com, \$45. **Murad** Advanced Acne & Wrinkle Reducer, murad.com, \$44. **Juice Beauty** Stem Cellular Anti-Wrinkle Solutions Kit, juicebeauty.com, \$49. **Estée Lauder** New Dimension Shape + Fill Expert Serum, esteelauder.com, \$89. **Clinique** Sculptwear Lift and Contour Serum, Bloomingdale's, \$82. **Mario Badescu** Ginkgo Mask, mariobadescu.com, \$22. **Paula's Choice** Resist Hyaluronic Acid Booster, paulaschoice.com, \$45. **Philosophy** Ultimate Miracle Worker Night, philosophy.com, \$72. **Tata Harper** Beautifying Face Oil, tataharperskincare.com, \$48. **Dermadoctor** Kakadu C Serum, sephora.com, \$95. **Bioelements** V-Neck Smoothing Creme, bioelements.com, \$64. **Clarins** Shaping Facial Lift Total V Countouring Serum, clarins.com, \$80. **Dr. Brandt** DNA Transforming Pearl Serum, drbrandt.skincare.com, \$150. **Caudalie** Resveratrol Lift Face Lifting Moisturizer, us.caudalie.com, \$66. **BeautyRx by Dr. Schultz** Advanced 10% Exfoliating Pads, beautyrx.com, \$70.

COAT CHECK

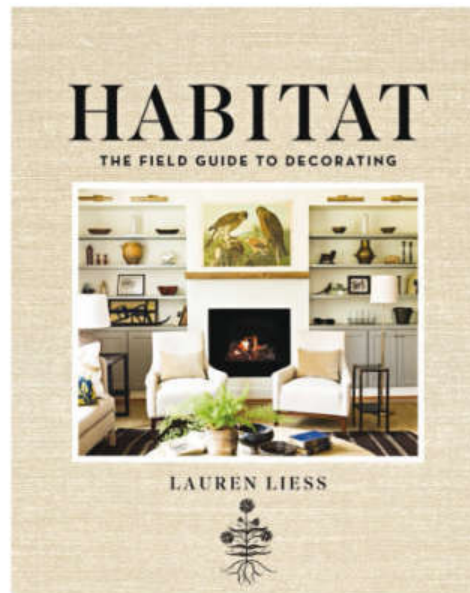
PAGES 36-37: Violet Femme: Coat, **Jennifer Lopez**, kohls.com, \$150. Dress, **Coldwater Creek**, coldwatercreek.com, \$90. Shoes, **Nina Originals**, ninashoes.com, \$158. Earrings, **Fossil**, fossil.com, \$48. Just Checking: Coat, **Molly Bracken**, mollybracken.com, \$160. Top, **Robert Rodriguez**, dillards.com, \$79. Skirt, **Ann Taylor**, annataylor.com, \$109. Shoes, **Easy Spirit**, easyspirit.com, \$139.

Earrings, **Raven + Lily**, ravenandlily.com, \$165. Puff Piece: Coat, **Burlington Stores**, Burlington Stores, \$80. Jeans, **Jordache**, walmart.com, \$17. Boots, **Ivanka Trump**, nordstrom.com, \$189. Gloves, **Verloop**, verloopknits.com, \$29. Cloak & Swagger: Cape, **424 Fifth**, lordandtaylor.com, \$229. Sweater, **Chico's**, chicos.com, \$89. Skirt, **Karen Kane**, karenkane.com, \$88. Shoes, **Franco Sarto**, zappos.com, \$99. Bangle, **Roberta Chiarella**, robertachiarella.com, \$52. Earrings, **Silpada**, silpada.com, \$49. Shear Madness: Coat, **Jack by BB Dakota**, amazon.com/fashion, \$75. Dress, **Joe Fresh**, joefresh.com, \$49. Tights, **No nonsense**, nononsense.com, \$7. Boots, **Chinese Laundry**, chineselaundry.com, \$120. Silver toggle necklace, **Tommy Hilfiger**, tommy.com, \$55. Gold layered necklace, **BaubleBar**, baublebar.com, \$44. White Haute: Coat, **Metrostyle**, metrostyle.com, \$140. Sweater, **Christopher & Banks**, christopherandbanks.com, \$50. Pants, **White House Black Market**, whbm.com, \$98. Shoes, **Sole Society**, available 11/1/15 at solesociety.com, \$70. Earrings, **E. Shaw Jewels**, eshawjewels.com, \$85. Ring, **Tommy Hilfiger**, tommy.com, \$55. Camel Lot: Coat, **L.L.Bean**, llbean.com, \$179. Pants, **Lisette L. Montreal**, lisettel.com, \$150. Shoes, **Louise et cie**, louiseetcie.com, \$139. Earrings, **Marlyn Schiff**, marlynschiff.com, \$46. Vested Interest: Vest, **Athleta**, athleta.com, \$148. Sweater, **Joe Fresh**, joefresh.com, \$39. Blouse, **J.Jill**, jjill.com, \$79. Jeans, **Arizona**, jcpennney.com, \$40. Scarf, **Verloop**, verloopknits.com, \$57. Shoes, **Report Footwear**, reportshoes.com, \$75. Earrings, **Origami Owl**, origamiowl.com, \$20.

HOME

SECOND NATURE

PAGES 43-48: For more information on **Lauren Liess Interiors**, visit laurenliess.com and her blog at laurenliess.com/pure-style-home. Living Room: Curtain panel fabric: **Lauren Liess Textiles** Boho Stripe in Antique Beige, laurenliess.com. Leather couch: Rhys Sofa, available at **Anthropologie** stores. Sofa pillow fabric: **Lauren Liess Textiles**



Habitat: The Field Guide to Decorating by Lauren Liess is available at amazon.com.

Moth Wing in Monarch, laurenliess.com. Wall paint: **Benjamin Moore** Ancient Ivory (935), benjaminmoore.com for stores. Kitchen: Iron shelves: **Tom Owens of Herndon Ornamental Ironworks, Inc.**, hoiwrails.com for information. Stools: **Restoration Hardware** Bauhaus Stool in Weathered Oak Drifted, restorationhardware.com. Reclaimed wood for kitchen island: **David Ellison of The Lorimer Workshop**, lorimerworkshop.com. White dishware: **Pottery Barn**, potterybarn.com. Appliance pulls: **Rocky Mountain Hardware**, rockymountainhardware.com. Faucet: **Waterworks**, waterworks.com. Lower cabinet paint: **Benjamin Moore** Misty Air (OC-44), benjaminmoore.com for stores. Drink station shelves: **Ikea** butcher block, ikea.com for stores. Breakfast Nook: Curtain panel fabric: **Lauren Liess Textiles** Moth Wing in Antique Beige, laurenliess.com. Dining table: **Restoration Hardware**, restorationhardware.com. Master Bedroom: Upholstered bed: **Restoration Hardware** Grayson Fabric Sleigh Bed in Sand, restorationhardware.com. Duvet: **Lauren Liess Textiles** Fern Star in Moss, laurenliess.com.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~

~~2 tbsp. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tbsps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic~~ cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

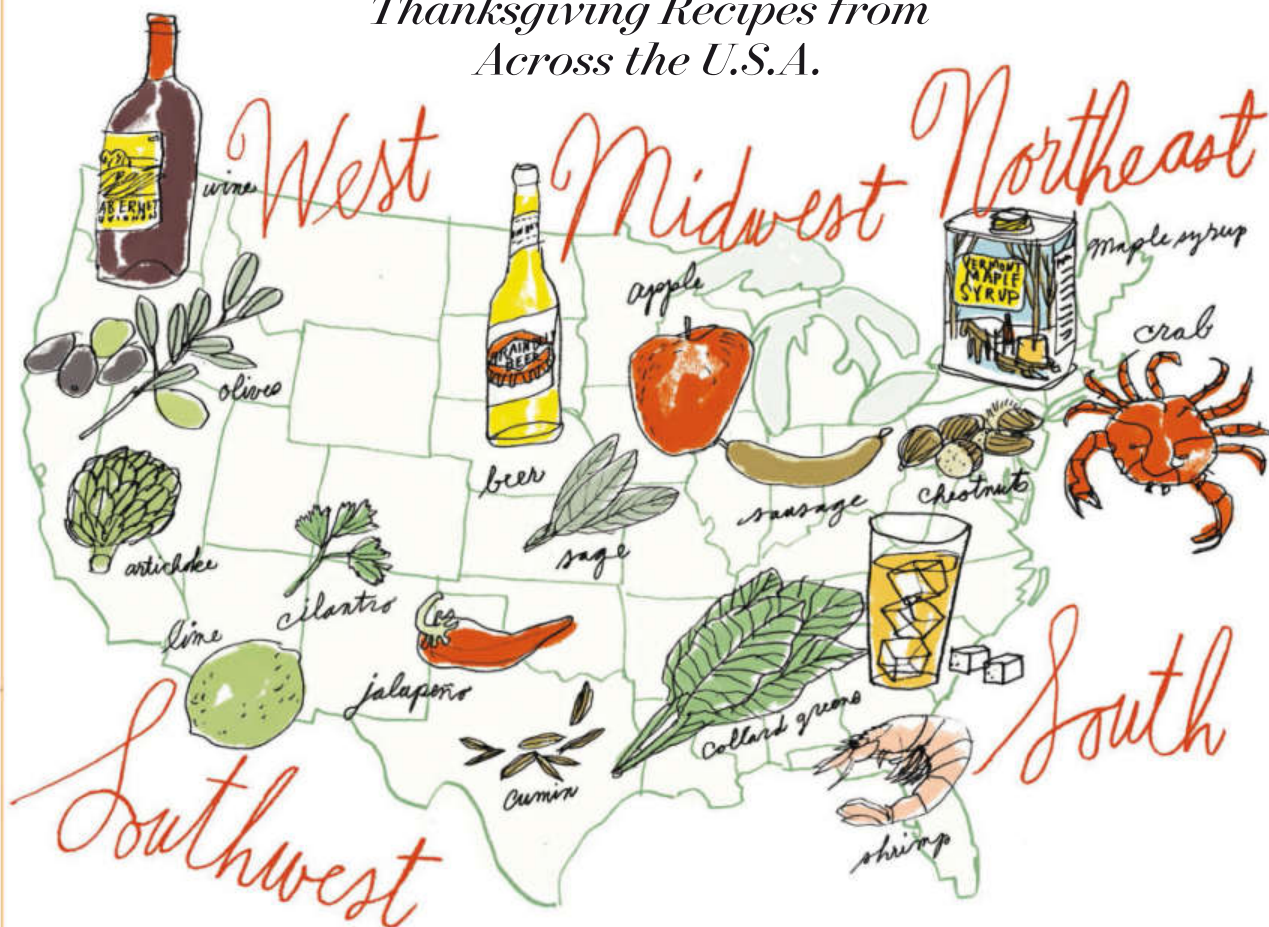
Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



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NATIONAL TREASURES

*Thanksgiving Recipes from
Across the U.S.A.*



“America the Beautiful” may praise this country’s amber waves of grain and purple mountain majesties, but the songwriter neglected to mention our varied (and delicious) regional foods. We’ve got Southwest-style orange chili-rubbed turkey, classic Midwest green bean casserole, Southern sausage and biscuit dressing, and fresh artichoke gratin from the West Coast. Spin a fork in any direction and you can enjoy a winning Thanksgiving dinner, from sea to shining sea.

ILLUSTRATION BY ERIC HANSON

PHOTOGRAPHY BY ROMULO YANES



MENU

*Southern
Deep-Fried
Turkey*

*Collard Greens
and
Butter Beans*

*Shrimp and Grits
Skewers*

*Buttermilk
Biscuit and
Sausage
Dressing*

*Pimiento Mac
and Cheese*

Sweet Potato Pie

THE SOUTH

Spicy, smoky, citrusy and sweet—these down-home flavors are delicious.

Southern Deep-Fried Turkey

MAKES 12 servings **PREP** 45 minutes

COOK 16 minutes **FRY** 3 to 4 minutes per pound

- 1 turkey fryer
- Peanut oil
- 1 turkey (about 12 lbs)
- 5 tbsp unsalted butter, melted
- 1½ cups lemon iced tea (such as Snapple)
- 2 tbsp fresh lemon juice
- 2 tbsp molasses
- 1 tsp sweet paprika
- 1 tsp celery salt
- 1 tsp mustard powder
- 1 tsp salt
- ½ tsp plus ¼ tsp black pepper
- 1 injector
- 2 cloves garlic, chopped
- 2 tbsp all-purpose flour
- 1¾ cups unsalted turkey or chicken stock

■ Follow directions on your turkey fryer for amount of oil (we used a scant 2 gallons). Pour oil into fryer and heat as per manufacturer's directions.

■ Let turkey sit at room temperature for 45 minutes on a rimmed baking sheet. Set aside giblets for gravy. Pat dry (including the cavity) with paper towels.

■ Melt 3 tbsp of the butter in a microwave-safe bowl. Whisk in ¼ cups of the tea, the lemon juice, molasses, paprika, celery salt, mustard powder and ½ tsp each of the salt

and pepper. Inject as much of the mixture as you can into breast, thighs and drumsticks.

■ Place turkey in fryer basket and carefully lower into hot oil as per manufacturer's directions. Cover and fry turkey 3 to 4 minutes per pound, until meat registers 165° on an instant-read thermometer. Let oil drain from turkey for 20 minutes. Carefully remove turkey from fryer basket and transfer to a serving platter.

■ While turkey is frying, prepare gravy. In a medium pot, heat remaining 2 tbsp butter over medium heat. Stir in giblets; sauté 3 minutes. Stir in garlic and cook 2 minutes. Stir in flour and cook 1 minute. Whisk in stock and remaining ¼ cup tea. Cover, bring to a boil, reduce to a simmer and cook 10 minutes, until thickened. Stir in remaining ½ tsp salt and ¼ tsp pepper. Keep covered over very low heat until turkey is ready.

PER SERVING 620 CAL; 33 g FAT (10 g SAT); 70 g PRO; 7 g CARB; 0 g FIBER; 460 mg SODIUM; 270 mg CHOL

Collard Greens and Butter Beans

MAKES 8 servings

PREP 15 minutes **COOK** 18 minutes

- 1 tbsp unsalted butter
- 4 oz smoked ham shoulder, diced
- 1 bunch collard greens (about 1½ lbs), stemmed and chopped
- 1 can (15.5 oz) butter beans, drained and rinsed
- ¼ tsp salt
- ¼ tsp black pepper

■ Fit one piecrust into a 9-inch pie dish, and form a flat edge. Using a 1-inch acorn- or leaf-shaped cookie cutter, cut out 45 to 50 shapes from second crust; place on a baking sheet and refrigerate until ready to use.

■ Separate one egg. In a large bowl, beat cooled sweet potatoes, half-and-half, remaining 2 eggs plus the egg yolk, ¾ cup of the sugar and the pumpkin pie spice. Pour into piecrust.

■ Beat remaining egg white. Brush edge of piecrust with egg white. Overlap pastry shapes around edge, reserving 7 on a small piece of foil. Brush

crust edge and extra shapes with egg whites; sprinkle with remaining 1 tsp sugar.

■ Bake pie and extra shapes at 425° for 15 minutes. Remove extra dough shapes from oven and reduce temperature to 350°. Carefully cover edge with foil. Bake at 350° for 40 to 45 minutes.

■ Cool pie completely on a wire rack. Refrigerate overnight or until chilled. Garnish with decorative shapes before serving.

PER SERVING 267 CAL; 13 g FAT (6 g SAT); 4 g PRO; 37 g CARB; 1 g FIBER; 236 mg SODIUM; 66 mg CHOL

➤ See **PAGE 164** for more recipes from THE SOUTH.

■ In large skillet, melt butter over medium heat. Add ham; cook 3 minutes. Stir in greens and sauté 12 minutes. Mix in beans, salt and pepper; cook 2 to 3 minutes, until heated through.

PER SERVING 80 CAL; 2.5 g FAT (1.5 g SAT); 6 g PRO; 10 g CARB; 4 g FIBER; 392 mg SODIUM; 10 mg CHOL

Shrimp and Grits Skewers

MAKES 8 servings **PREP** 20 minutes

COOK 5 minutes **BROIL** 3 minutes

- 4 slices thick-cut bacon, diced
- 32 small-to-medium shrimp, peeled and deveined (about 12 oz)
- 1 tube (about 18 oz) ready-to-serve polenta, cut into 32 cubes
- 16 6-inch skewers
- ¼ tsp salt
- ½ tsp freshly cracked black pepper
- 2 scallions, sliced

■ Heat broiler to high. In a large sauté pan, cook bacon over medium heat 3 to 5 minutes, until crispy. Remove bacon to a paper-towel-lined plate with a slotted spoon. Carefully reserve 2 tbsp of the bacon fat.

■ Thread 2 shrimp and 2 cubes of polenta onto each of the skewers. Place on a baking sheet and brush both sides with reserved bacon fat. Season with salt and pepper.

■ Broil skewers on the highest oven rack 3 minutes, until shrimp are cooked. Garnish with crispy bacon and sliced scallions.

PER SERVING 160 CAL; 7 g FAT (2.5 g SAT); 12 g PRO; 10 g CARB; 1 g FIBER; 440mg SODIUM; 80 mg CHOL

Sweet Potato Pie

MAKES 12 servings **PREP** 20 minutes

MICROWAVE 10 minutes

BAKE at 425° for 15 minutes and at 350° for 45 minutes **CHILL** overnight

- 2 large sweet potatoes (1½ lbs total), scrubbed
- 1 pkg (14.1 oz) refrigerated piecrusts
- 3 large eggs
- ¾ cup half-and-half
- ¾ cup plus 1 tsp sugar
- 2 tsp pumpkin pie spice

■ Heat oven to 425°. Pierce potatoes all over with a fork. Place on a microwave-safe plate and microwave 10 minutes or until tender, turning over halfway through. Peel and mash until completely smooth. Cool slightly.



THE NORTHEAST

Staying true to its origins, this region is all about the best of the harvest.

Maple-Glazed Bacon-Wrapped Turkey

MAKES 12 servings **PREP** 20 minutes

ROAST at 450° for 30 minutes and at 350° for 2 hours

LET REST 20 minutes **COOK** 6 minutes

- 2 tsp salt
- 1 tsp black pepper
- 1 tsp poultry seasoning
- 1 tbsp olive oil
- 1 fresh turkey (about 12 lbs)
- 8 sage leaves
- 1 cup maple syrup
- 10 slices bacon
- 3 tbsp all-purpose flour
- 2 cups turkey or chicken broth
- ¼ cup flat-leaf parsley, chopped

■ Heat oven to 450°. Fit a large roasting pan with a rack.

■ In a small bowl, combine salt, pepper and poultry seasoning. Stir in olive oil to form a paste.

■ Remove giblets and neck from cavity of turkey. Rinse turkey and pat dry with paper towels. Place in roasting pan. If desired, tuck wings under turkey and tie legs together with cooking twine.

■ Season turkey with spice rub all over the outside as well as under skin of breast

halves. Tuck sage leaves under skin and in cavity. Roast at 450° for 30 minutes.

■ Combine maple syrup with ¼ cup hot water. Reduce oven temperature to 350° and brush turkey with maple syrup glaze. Roast for 1 hour, brushing with maple syrup glaze every 30 minutes. Carefully lay bacon slices over breast in a lattice pattern; roast 1 hour more, until internal temperature reaches 165°. Remove to a cutting board; let rest 20 minutes.

■ Place roasting pan over medium-high heat and whisk in flour; cook 1 minute. Gradually whisk in broth and cook 5 minutes, until gravy thickens. Strain into a gravy boat and stir in parsley.

PER SERVING 680 **CAL**; 29 g **FAT** (9 g **SAT**); 96 g **PRO**; 2 g **CARB**; 0 g **FIBER**; 913 mg **SODIUM**; 358 mg **CHOL**

Mini Crab Cakes with Dijon Thyme Aioli

MAKES 24 pieces **PREP** 30 minutes

REFRIGERATE 30 minutes **COOK** 12 minutes

AIOLI

- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp olive oil
- 1 tsp fresh thyme leaves

CRAB CAKES

- 1 lb crabmeat
- ½ cup plain dry bread crumbs
- 1 egg, lightly beaten
- 2 tbsp lemon juice
- 1 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 2 tsp Old Bay seasoning
- 2 scallions, chopped
- ¼ cup canola oil

■ **Aioli.** In a small bowl, combine mayonnaise, mustard, olive oil and thyme. Cover and refrigerate until ready to serve.

■ **Crab Cakes.** In a large bowl, combine crabmeat, bread crumbs, egg, lemon juice, mayonnaise, mustard, Old Bay and scallions. Gently mix. Form into 24 small patties, about 2 heaping tbsp each. Place on a large wax-paper-lined baking sheet and refrigerate 30 minutes.

■ In a large nonstick skillet, heat 2 tbsp of the oil over medium-high heat. Cook half the crab cakes 2 to 3 minutes per side, until nicely browned. Remove to a plate and repeat with remaining oil and crab cakes. Serve crab cakes with aioli.

PER PIECE 74 **CAL**; 5 g **FAT** (1 g **SAT**); 4 g **PRO**; 2 g **CARB**; 0 g **FIBER**; 177 mg **SODIUM**; 24 mg **CHOL**

Apple Crumb Pie



MAKES 12 servings

PREP 20 minutes **BAKE** at 425° for 25 minutes and at 375° for 45 minutes

COOL at least 2 hours

- 1 prepared refrigerated piecrust (from a 14.1 oz pkg)

CRUMB TOPPING

- 1 cup all-purpose flour
- ½ cup packed light brown sugar
- ½ tsp ground cinnamon
- ½ tsp salt
- Pinch ground cloves
- 6 tbsp (¾ stick) unsalted butter, cut into pieces and chilled
- ½ cup chopped pecans (optional)

PIE FILLING

- 2 Golden Delicious apples (¾ to 1 lb total), peeled, cored and thinly sliced
- 2 Granny Smith apples (¾ to

- 1 lb total), peeled, cored and thinly sliced

- 2 cups cranberries, thawed if frozen

- ¾ cup packed light brown sugar
- ¼ cup all-purpose flour
- ½ tsp ground cinnamon
- ¼ tsp salt

- Pinch ground cloves
- 2 tbsp fresh lemon juice

■ Place a rack in the lowest slot of your oven; place foil on bottom of oven to catch drips. Heat oven to 425°. Fit piecrust into a 9-inch pie dish and decoratively crimp edge. Refrigerate until ready to fill.

■ **Crumb Topping.** Combine flour, brown sugar, cinnamon, salt and cloves in a bowl. Rub in butter with fingertips until crumbly. Stir in nuts, if using.

■ **Pie Filling.** In a large bowl, toss apples, cranberries, brown sugar, flour, cinnamon, salt and cloves. Add lemon juice and toss to coat.

■ Spoon filling into pie shell, mounding slightly in center. Cover with foil and bake at 425° for 20 to 25 minutes.

■ Carefully remove pie from oven; reduce oven temp to 375° and top pie with crumb topping.

■ Return pie to oven and bake at 375° for 45 minutes, until fruit is tender. Let cool at least 2 hours before slicing and serving.

PER SERVING 368 **CAL**; 19 g **FAT** (9 g **SAT**); 3 g **PRO**; 49 g **CARB**; 4 g **FIBER**; 163 mg **SODIUM**; 31 mg **CHOL**

» See **PAGE 164** for more recipes from THE NORTHEAST.



MENU

*Maple-Glazed
Bacon-Wrapped
Turkey*

*Mini Crab Cakes
with Dijon
Thyme Aioli*

*Chestnut
Dressing*

*Maple Sweet
Potatoes with
Toasted
Hazelnuts*

*Creamy
Succotash*

Apple Crumb Pie

THE WEST COAST

The Pacific's healthy approach to food inspires a fresh, seasonal menu.

Herb-Roasted Turkey with White Wine Gravy

MAKES 12 servings **PREP** 20 minutes
ROAST at 425° for 1 hour, 45 minutes to 2 hours, 15 minutes **COOK** 12 minutes

- 1 turkey (about 12 lbs)
 - 4 tbsp olive oil
 - 2 cloves chopped garlic
 - 3 tbsp chopped fresh parsley
 - 1 tbsp chopped fresh rosemary
 - 1 tbsp chopped fresh thyme
 - 1 tsp chopped fresh sage
 - 1½ tsp kosher salt
 - ½ tsp plus ¼ tsp black pepper
 - 1 small yellow onion, quartered
 - 1 head garlic, halved
 - 2 tbsp all-purpose flour
 - ½ cup dry white wine (such as Chardonnay)
 - 1½ cups unsalted chicken stock
- Let turkey sit at room temperature for 45 minutes before placing in oven. Remove giblets and neck (add neck to roasting pan, if desired); pat dry with paper towels. Heat oven to 425°.
- In a bowl, mix 2 tbsp of the oil with the chopped garlic, 2 tbsp of the parsley, the rosemary, thyme, sage, ½ tsp of the salt and ¼ tsp of the pepper.
- Place onion and garlic head inside turkey. Tie legs and place on a rack in a

roasting pan, tucking wings underneath turkey. Rub herb mixture underneath breast and leg skin. Rub turkey with 1 tbsp of the olive oil and season with remaining 1 tsp salt and ¼ tsp of the pepper.

- Roast at 425° for 1 hour, 45 minutes to 2 hours, 15 minutes, or until temperature reaches 165° in thigh. Transfer turkey to a cutting board and let rest 20 minutes before carving.
- While turkey is resting, make gravy. Remove onion and garlic from cooked turkey. Dice half the onion and several of the garlic cloves. Place roasting pan over 2 burners on medium heat. Add remaining 1 tbsp olive oil. Stir in onion and garlic; sauté 2 minutes. Whisk in flour; cook 1 minute. Whisk in wine; bring to a boil and cook until reduced by half, about 2 minutes. Whisk in stock and return to a boil. Reduce to a simmer and cook 7 minutes, until thickened. Season with remaining 1 tbsp parsley and ¼ tsp pepper.

PER SERVING 480 CAL; 19 g FAT (4.5 g SAT); 70 g PRO; 2 g CARB; 0 g FIBER; 420 mg SODIUM; 260 mg CHOL

Sourdough, Date and Turkey Sausage Stuffing

MAKES 12 servings **PREP** 20 minutes
COOK 12 minutes **BAKE** at 400° for 35 minutes

- 1 lb sourdough bread, cut into ½-inch cubes

- 1 tbsp olive oil
- 12 oz sweet turkey sausage, casings removed
- 1½ cups chopped pitted dates
- 1 cup chopped walnuts
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 2½ cups unsalted chicken stock
- ½ cup grated Parmesan
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- ¾ tsp salt
- ¼ tsp black pepper

- Heat oven to 400°. Spread bread cubes on 2 baking sheets. Bake at 400° for 5 minutes, toss, then bake another 5 minutes or until lightly browned. Transfer to a large bowl.
- In a skillet, heat oil over medium-high heat. Add sausage, breaking up with a spoon. Cook 5 to 7 minutes, until browned. Reduce heat to medium. Stir in dates, walnuts, onion and garlic. Cook 5 minutes. Stir in stock, ¼ cup of the Parmesan, the parsley, thyme, salt and pepper. Transfer to a 13 x 9 x 2-inch baking dish and press down with a spatula. Scatter remaining ¼ cup Parmesan over top.
- Cover dish with foil. Bake at 400° for 20 minutes. Uncover; bake 5 minutes more.

PER SERVING 280 CAL; 13 g FAT (1.5 g SAT); 13 g PRO; 31 g CARB; 2 g FIBER; 600 mg SODIUM; 25 mg CHOL

Maple-Pear Cheesecake Pie

MAKES 12 servings
PREP 25 minutes **COOK** 20 minutes
BAKE at 375° for 30 minutes
REFRIGERATE at least 3 hours

- 12 graham cracker boards (or 1½ cups graham cracker crumbs)
- 4 tbsp unsalted butter, melted
- ¾ cup plus 1 tbsp maple syrup, plus more for drizzling
- 2 to 3 pears, peeled, halved and cored
- 2 pkgs (8 oz each) cream cheese, at room temperature
- 1 large egg
- 2 tsp cornstarch
- ½ tsp ground cinnamon
- Toasted walnuts (optional)

■ Heat oven to 375°. In a food processor, crush graham crackers until even crumbs are created. Add melted butter and 1 tbsp of the syrup and pulse until blended. Press into a 9-inch pie dish. Set aside.

■ In a large lidded pot, combine ½ cup of the syrup and 2 cups water and bring to a boil over high heat. Reduce heat to medium and add pear halves. Cover and cook 10 minutes.

■ Meanwhile, in a medium bowl, beat cream cheese until smooth. Add remaining ¼ cup syrup, the egg, cornstarch and cinnamon. Spread into prepared crust.

■ Bake cream cheese layer at 375° for 20 minutes.

■ Uncover pears and turn over. Cover and continue to cook 10 minutes more. Remove to a cutting board and cool slightly.

■ Slice pears into thin wedges. Fan into pie over cream cheese filling. Cool to room temperature, then refrigerate at least 3 hours. Drizzle with additional syrup and sprinkle with toasted walnuts, if using.

PER SERVING 319 CAL; 19 g FAT (10 g SAT); 4 g PRO; 36 g CARB; 2 g FIBER; 251 mg SODIUM; 71 mg CHOL

➤ See **PAGE 167** for more recipes from THE WEST COAST.





MENU

*Herb-Roasted
Turkey with
White Wine
Gravy*

*Sourdough, Date
and Turkey
Sausage Stuffing*

Artichoke Gratin

*Crispy Olive Oil
Potatoes*

*Sweet and Spicy
Olive Mix*

*Maple-Pear
Cheesecake Pie*

THE MIDWEST

The heartland keeps it real with modern twists on classic crowd-pleasers.

Cider-Glazed Turkey

MAKES 12 servings **PREP** overnight
COOK 8 minutes **MICROWAVE** 1 minute
ROAST at 450° for 30 minutes and at 350° for 1½ hours

BRINE AND TURKEY

- 2 gallons plus 1 cup water
- 1 large bottle (1.6 quarts) apple cider
- 1½ cups sugar
- 1 cup kosher salt
- 6 cloves garlic, smashed
- 2 tbsp whole fresh sage leaves
- 8 cups ice
- 1 fresh turkey (see Note; about 12 lbs), neck and giblets removed
- 2 tbsp unsalted butter
- 1 tbsp chopped fresh sage
- ½ tsp plus a pinch of table salt
- ½ tsp black pepper
- 1 small green apple, cut into wedges
- 1 small onion, cut into wedges

GRAVY

- 2½ cups drippings from roasting pan
- 2 tbsp unsalted butter
- 2 to 3 tbsp all-purpose flour
- ¼ tsp salt

■ **Brine and Turkey.** In a very large pot, combine 1 gallon of the water, 4 cups of the cider, the sugar, kosher salt, garlic and whole sage leaves. Bring to a boil; reduce heat to medium and simmer 5 minutes. Stir in 1 gallon of the remaining water and the ice. Cool completely.

■ Once brine is cool, transfer it to a turkey roasting bag. Carefully lift bag into pot and add turkey, breast side down, to brine. Seal bag and refrigerate turkey overnight.

■ Heat oven to 450°. Discard brine and place turkey on a rack in a roasting pan. Combine butter, chopped sage, ½ tsp of the table salt and the pepper in a small dish. Microwave 1 minute, until butter is melted. Gently lift skin from turkey breast and brush butter mixture under skin. Brush any remaining mixture on top of turkey. Place apple and onion wedges inside cavity. Tie legs together.

■ Roast turkey at 450° for 30 minutes, tenting with foil if it browns too quickly. Reduce oven temperature to 350° and roast for 1 hour, tenting with foil once turkey reaches desired color.

■ Meanwhile, place remaining 2½ cups apple cider and pinch of salt in a medium saucepan. Cook over medium-high heat 25 minutes, until reduced to ½ cup.



■ Uncover turkey and brush with cider glaze. Add remaining 1 cup water to roasting pan. Continue to roast turkey, tented with foil, at 350° for an additional 30 minutes, until temperature registers 165° on an instant-read thermometer. Remove from roasting pan to a board. Let rest, covered with foil, 20 minutes.

■ **Gravy.** Pour pan drippings into a large fat separator. If there's less than 2½ cups liquid, add chicken or turkey stock. Melt butter in a saucepan over medium heat. Whisk in flour and salt. While whisking, add de-fatted pan drippings. Bring to a boil; boil 3 minutes.

PER SERVING 484 CAL; 21 g FAT (7 g SAT); 66 g PRO; 4 g CARB; 0 g FIBER; 911 mg SODIUM; 261 mg CHOL

Note: We call for a fresh turkey because most frozen ones are pre-brined and would result in a very salty finished bird.

Über-Creamy Mashed Potatoes

MAKES 10 servings
PREP 20 minutes **COOK** 10 minutes
BAKE at 375° for 25 minutes **BROIL** 3 minutes

- 2¼ to 3 lbs russet potatoes, peeled and cut up
- ¾ cup milk
- ½ cup whipped cream cheese with chives
- ½ cup unsalted butter, cut into pieces
- 2 tbsp chopped fresh parsley
- ¾ tsp salt
- ¼ tsp black pepper
- 2 to 3 tbsp grated Parmesan

■ Heat oven to 375°. Coat a 2-quart baking dish with nonstick cooking spray. Place potatoes in a large pot and add enough cool water to cover by 1 inch. Bring to a boil and lightly season water with salt.

➤ Recipe continues on **PAGE 158**.



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Mini Apple Pies

Prep: 25 mins | Cook: 35 mins

Servings: 18 (1 mini tart each)

INGREDIENTS

PAM® Original cooking spray

½ cup firmly packed brown sugar, divided

⅓ cup sliced almonds

¼ cup all-purpose flour

3 tablespoons cold Parkay® Original-stick

1 pkg (15 oz each) refrigerated pie crusts

1 ½ pounds apples (such as Braeburn), cored, chopped

½ teaspoon ground cinnamon

½ teaspoon vanilla extract

Reddi-wip® Original Dairy Whipped Topping

DIRECTIONS

1. Stir together 6 tablespoons brown sugar, almonds and flour in small bowl. Cut in Parkay® with pastry blender until mixture resembles coarse crumbs; refrigerate until ready to use.
2. Preheat oven to 375°F. Spray 18 medium nonstick muffin cups with PAM® cooking spray. Roll each pie crust into a 13-inch circle on floured work surface. Trim and discard edges to make two 10 ½-inch square crusts. Cut each crust into 9 square pieces. Carefully press pieces into muffin cups; set aside.
3. Combine apples, remaining 2 tablespoons brown sugar, cinnamon and vanilla in large bowl. Spoon ¼ cup apple mixture into each crust-lined muffin cup.
4. Bake 20 minutes. Top each with crumble mixture; bake 8 to 10 minutes more or until crumble browns. Cool in pan 5 minutes; carefully remove from muffin cups. Top each with Reddi-wip® just before serving.



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■ Boil potatoes 10 minutes, until fork-tender. Drain and push through a potato ricer (see Note) into a bowl. Alternately, transfer potatoes to a bowl and mash until desired consistency. Stir in milk, cream cheese, butter, parsley, salt and pepper until well combined. Spread into prepared dish and top with grated Parmesan.

■ Bake at 375° for 25 minutes, until top begins to brown. If desired, increase oven temperature to broil and broil potatoes up to 3 minutes, until cheese is golden. To make ahead: Prepare potatoes, top with Parmesan and refrigerate. Bring to room temperature before baking.

PER SERVING 187 **CAL**; 9 g **FAT** (6 g **SAT**); 4 g **PRO**; 23 g **CARB**; 2 g **FIBER**; 258 mg **SODIUM**; 25 mg **CHOL**

Note: We like OXO's ricer (\$30).

Stuffed Mushrooms

MAKES 12 servings (2 mushrooms per person)

PREP 20 minutes **BAKE** at 425° for 22 minutes

COOK 7 minutes

24 large stuffing mushrooms (from two 14 oz pkg)

1 tbsp olive oil

½ plus ¼ tsp salt

8 oz fresh spicy chicken or pork sausage, casings removed

1 pkg (10 oz) frozen chopped spinach, thawed and squeezed dry

1 tbsp fresh sage leaves, chopped

½ cup dry plain bread crumbs

5 tbsp grated Parmesan

¼ tsp black pepper

1 large egg, lightly beaten

■ Heat oven to 425°. Remove stems from mushrooms and reserve. Clean

mushrooms and place curved side up on 1 large or 2 small baking sheets. Brush with olive oil, sprinkle with ½ tsp of the salt and bake at 425° for 10 minutes. Drain off any liquid and turn over mushrooms.

■ Chop enough of the stems to equal 1 cup. Heat a large nonstick skillet over medium-high heat. Crumble sausage into skillet and cook 3 minutes, breaking apart with a wooden spoon or silicone spatula. Stir in chopped mushroom stems and cook 3 minutes. Add spinach and sage. Cook 1 minute, remove from heat and transfer to a bowl.

■ Stir in bread crumbs, 4 tbsp of the Parmesan, remaining ¼ tsp salt and the pepper. Mix in egg. Using a spoon and your hands to compress filling slightly, divide filling among mushroom caps. Sprinkle with remaining 1 tbsp Parmesan and bake at 425° for 10 to 12 minutes, until tops are lightly browned. To make ahead: Prepare filling and stuff mushrooms. Refrigerate, then bake for 20 minutes before serving.

PER SERVING 94 **CAL**; 5 g **FAT** (1 g **SAT**); 7 g **PRO**; 7 g **CARB**; 1 g **FIBER**; 285 mg **SODIUM**; 32 mg **CHOL**

Cheesy Green Bean Casserole

MAKES 10 servings

PREP 20 minutes **COOK** 13 minutes

BAKE at 375° for 25 minutes

1½ lbs green beans, trimmed and cut into 2-inch pieces

6 tbsp unsalted butter

1 pkg (10 oz) brown mushrooms, cleaned, trimmed and sliced

1 tsp garlic salt

3 tbsp all-purpose flour

1½ cups milk

¼ tsp black pepper

1 pkg (7 oz) Swiss cheese, shredded

1 container (2.8 oz) French's fried onions

¼ cup panko bread crumbs

■ Heat oven to 375°. Coat a baking dish with nonstick cooking spray. Bring a large pot of lightly salted water to a boil. Add green beans and cook 4 minutes. Drain, leaving beans in the colander. Return pot to stove.

■ Melt 3 tbsp of the butter in a large nonstick skillet set over medium heat. Add sliced mushrooms and cook 5 minutes, until softened and slightly browned. Season with ½ tsp of the garlic salt.

■ Add remaining 3 tbsp butter to pot from green beans. Melt over medium heat and whisk in flour. Cook, whisking, 1 minute. While whisking, add milk. Season with remaining ½ tsp garlic salt and the pepper. Bring to a simmer; cook 3 minutes, whisking frequently. Remove from heat and whisk in Swiss cheese. Fold in green beans, mushrooms and ½ cup of the fried onions, crushed. Pour into prepared dish.

■ In a small bowl, toss together remaining fried onions and the panko. Sprinkle over casserole and bake at 375° for 25 minutes. To make ahead: Assemble casserole, but do not sprinkle with crumbs until just before baking. Extend bake time by at least 5 minutes to heat through.

PER SERVING 254 **CAL**; 18 g **FAT** (9 g **SAT**); 10 g **PRO**; 15 g **CARB**; 2 g **FIBER**; 208 mg **SODIUM**; 4 mg **CHOL**

» See **PAGE 167** for more recipes from THE MIDWEST.

French Silk Pie

MAKES 12 servings

PREP 40 minutes **BAKE** at 450° for 11 minutes **COOL** at least 30 minutes **COOK** 15 minutes

REFRIGERATE at least 5 hours

1 refrigerated rolled piecrust (from a 14.1 oz pkg)

1¾ cups heavy cream

6 oz semisweet chocolate, chopped

½ cup unsalted butter

½ cup plus 1 tbsp sugar

2 egg yolks, beaten
Chocolate curls (optional)

■ Heat oven to 450°. Fit piecrust into a 9-inch pie dish and decoratively flute edge. Pierce all over with a fork. Bake crust at 450° for 9 to 11 minutes. Cool at least 30 minutes.

■ In a medium heavy saucepan combine 1 cup

of the cream, the chopped chocolate, butter and ½ cup of the sugar. Cook over low heat, stirring constantly, until chocolate is melted, about 10 minutes. Remove from heat. Gradually whisk half the hot mixture into beaten egg yolks. Return egg mixture to chocolate mixture in saucepan. Cook over medium-low heat, stirring constantly, until mixture is slightly thickened and begins to bubble, about 5 minutes. Remove from heat. (Mixture may appear slightly curdled.) Stir in ¼ cup of the remaining cream. Place saucepan in a bowl of ice water, stirring occasionally, until

mixture stiffens and becomes hard to stir (about 20 minutes). Transfer chocolate mixture to a medium mixing bowl.

■ Beat cooled chocolate mixture with an electric mixer on medium to high speed 2 to 3 minutes, until light and fluffy. Spread filling in baked pastry shell. Cover and refrigerate pie at least 5 hours. To serve, whip remaining ½ cup heavy cream with remaining 1 tbsp sugar. Spoon whipped cream into center of pie. Garnish with chocolate curls, if using.

PER SERVING 346 **CAL**; 29 g **FAT** (17 g **SAT**); 3 g **PRO**; 23 g **CARB**; 1 g **FIBER**; 110 mg **SODIUM**; 94 mg **CHOL**



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Menu

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THE SOUTHWEST

Down here, spice is essential on the table.

Orange Chili-Rubbed Turkey

MAKES 12 servings

PREP 15 minutes **ROAST** at 450° for 30 minutes and at 350° for 2 hours **COOK** 6 minutes

- 1 tbsp each chili powder, ground cumin, paprika, garlic powder and dried oregano
- 2 tsp salt
- ½ tsp cayenne pepper
- 3 tbsp olive oil
- 1 fresh turkey (about 12 lbs)
- ½ cup frozen orange juice concentrate, thawed
- Juice of 1 lime
- 3 tbsp all-purpose flour
- 2 cups turkey or chicken broth
- 2 tbsp chopped cilantro

■ Heat oven to 450°. Fit a large roasting pan with a rack.

■ In a bowl, combine chili powder, cumin, paprika, garlic powder, oregano, salt and cayenne. Stir in olive oil to form a paste.

■ Remove giblets and neck from cavity of turkey. Rinse turkey and pat dry with paper towels. Place in roasting pan. If desired, tuck wings under turkey and tie legs together with cooking twine.

■ Season turkey with spice rub on the outside as well as under skin of breast halves. Roast at 450° for 30 minutes. Combine orange juice concentrate and lime juice. Reduce heat to 350° and brush turkey with juice mixture. Roast for 2 hours, until internal temperature reaches 165°. Brush with juice mixture twice more during the last 2 hours of cooking. If turkey starts getting too dark, tent with foil for last hour of cooking. Remove to a cutting board; let rest 20 minutes.

■ Place roasting pan over medium heat and whisk in flour; cook 1 minute. Gradually whisk in broth and cook 5 minutes, until thickened. Strain gravy and stir in cilantro.

PER SERVING 486 **CAL**; 18 g **FAT** (5 g **SAT**); 70 g **PRO**; 7 g **CARB**; 1 g **FIBER**; 590 mg **SODIUM**; 257 mg **CHOL**

Cornbread and Chorizo Dressing

MAKES 8 servings **PREP** 20 minutes

COOK 4 minutes **BAKE** at 350° for 45 minutes

- 4 tbsp unsalted butter
- 1 green pepper, seeded and chopped
- 1 jalapeño, seeded and chopped
- 1 cup all-purpose flour



MENU

Orange Chili-Rubbed Turkey

Cornbread and Chorizo Dressing

Warm Black Bean Dip

Chipotle Smashed Sweet and White Potatoes

Brussels Sprouts with Caramelized Shallots and Pepitas

Salted Caramel Pecan Pie

- 1 cup coarse cornmeal
- 2 tbsp sugar
- 2½ tsp baking powder
- ¾ tsp salt
- ½ tsp baking soda
- 1¼ cups buttermilk
- 1 egg, lightly beaten
- 1 tbsp olive oil
- 3.5 oz cured chorizo sausage, casing removed, diced
- 1 cup turkey or chicken broth, heated
- ¾ cup shredded Mexican cheese blend

■ Heat oven to 350°. Coat an 8 x 8-inch baking pan with nonstick cooking spray.

■ Heat 2 tbsp of the butter in a small skillet; add peppers and cook 3 minutes, until softened. Set aside, add remaining

2 tbsp butter and allow to melt.

■ In a large bowl, whisk flour, cornmeal, sugar, baking powder, salt and baking soda. Make a well in center and add buttermilk, egg and butter-and-pepper mixture. Mix until just combined. Spoon into prepared baking pan and bake at 350° for 35 minutes. Turn out cornbread and cool slightly. With a serrated knife, cut into 1-inch cubes and place in a large bowl.

■ In the same small skillet, heat olive oil. Add chorizo and cook 1 minute, until lightly crisp. Add to cornbread cubes; stir in broth and cheese.

■ Spoon into a baking dish; bake at 350° for 10 minutes until warm and cheese is melted. Serve with turkey and gravy.

PER SERVING 315 **CAL**; 15 g **FAT** (7 g **SAT**); 11 g **PRO**; 33 g **CARB**; 1 g **FIBER**; 713 mg **SODIUM**; 58 mg **CHOL**



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SAUSAGE CORNBREAD STUFFING

INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
2 cups celery, chopped
1 cup onion, finely chopped
4 cups cornbread, toasted & chopped
1/4 cup fresh parsley, chopped
1 tsp. poultry seasoning
1 cup chicken broth
1 egg, lightly beaten
1/2 cup pecans, chopped (optional)

DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

PREP TIME: 20 min. **COOK TIME:** 45 min.

COOK'S TIP: To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.



Warm Black Bean Dip

MAKES 8 servings **PREP** 10 minutes
BAKE at 350° for 25 minutes

- 2 cans (15 oz each) black beans, drained and rinsed**
- ½ red onion, chopped**
- ⅓ cup cilantro leaves**
- 2 tbsp red wine vinegar**
- 2 tbsp olive oil**
- 2 cloves garlic**
- ¾ tsp ground cumin**
- ½ tsp salt**
- ¼ tsp black pepper**
- 1 cup (4 oz) shredded Monterey Jack**
- 1 bag (12 oz) baked tortilla chips**
- Lime wedges and cilantro, for garnish**

- Heat oven to 350°. Coat a 1-quart baking dish with nonstick cooking spray.
- In a food processor, combine 1 can of the beans, the onion, cilantro, vinegar, olive oil, garlic, cumin, salt and pepper. Process until smooth. Remove to a medium bowl and stir in remaining can of black beans and ¾ cup of the Monterey Jack.
- Spoon mixture into prepared baking dish, top with remaining ¼ cup cheese and bake at 350° for 25 minutes, until bubbly.
- Serve with chips. Garnish with lime and cilantro, if using.

PER ½ CUP DIP PLUS CHIPS 383 **CAL**; 14 g **FAT** (4 g **SAT**); 13 g **PRO**; 50 g **CARB**; 10 g **FIBER**; 848 mg **SODIUM**; 15 mg **CHOL**

Chipotle Smashed Sweet and White Potatoes

MAKES 8 servings
PREP 15 minutes **COOK** 16 minutes

- 1½ lbs sweet potatoes, peeled and cut into 1-inch pieces**
- 1½ lbs all-purpose potatoes, peeled and cut into 1-inch pieces**
- ¼ cup unsalted butter**
- 4 scallions, trimmed and sliced**
- 1 chipotle pepper in adobo, seeded and chopped; 1 tsp adobo reserved**
- ½ cup heavy cream**
- ¼ cup cilantro leaves, chopped**
- ¼ tsp salt**

Chopped scallion for garnish (optional)

- Place sweet potatoes and potatoes in a large pot. Cover with cool water and salt lightly. Bring to a boil; reduce heat to medium and cook, covered, 12 to 15 minutes or until tender. Drain; return to pot.
- In a small saucepan, melt butter over medium heat. Add scallions, chipotle and reserved adobo; cook 1 minute. Add cream and cook until heated.
- Mash potatoes with a potato masher to desired consistency. Stir in chipotle and cream mixture. Fold in cilantro and salt; garnish with scallion, if using.

PER SERVING 210 **CAL**; 12 g **FAT** (7 g **SAT**); 2 g **PRO**; 25 g **CARB**; 4 g **FIBER**; 173 mg **SODIUM**; 36 mg **CHOL**

Brussels Sprouts with Caramelized Shallots and Pepitas

MAKES 8 servings
PREP 15 minutes **COOK** 16 minutes

- 3 tbsp olive oil**
- ½ cup sliced shallots**
- 6 cloves garlic, peeled and smashed**
- 2 lbs Brussels sprouts, trimmed and quartered**
- 1 sweet red pepper, seeded and thinly sliced**
- ½ tsp salt**
- ¼ tsp black pepper**
- ¼ tsp red pepper flakes**
- 2 tbsp roasted pepitas**

- Heat 1 tbsp of the oil in a large skillet; add shallots and cook on medium-high heat until crispy, about 5 minutes. Remove shallots to a plate.
- Wipe out skillet and add remaining 2 tbsp oil. Add garlic and cook 1 minute; add Brussels sprouts and cook, uncovered, 5 minutes, stirring occasionally.
- Stir in sweet red pepper, salt, black pepper, red pepper flakes and ¼ cup water. Cover and cook 5 minutes, stirring occasionally, until tender.
- To serve, spoon Brussels sprouts into a serving bowl and top with shallots and pepitas.

PER SERVING 118 **CAL**; 7 g **FAT** (1 g **SAT**); 4 g **PRO**; 13 g **CARB**; 4 g **FIBER**; 461 mg **SODIUM**; 0 mg **CHOL**

Salted Caramel Pecan Pie



MAKES 12 servings
PREP 15 minutes **BAKE** at 350° for 1 hour **COOL** at least 2 hours

- 1 refrigerated piecrust (from a 14.1 oz pkg)**
- ½ cup light corn syrup**
- ½ cup caramel sauce**
- ¾ cup sugar**
- 4 large eggs**
- 1 tsp vanilla extract**
- ½ tsp kosher salt**
- 1 cup coarsely chopped pecans**
- 1 cup whole pecan halves**
- Whipped cream (optional)**

- Heat oven to 350°. Coat a 9-inch pie dish with nonstick cooking spray. Fit piecrust into prepared dish, fluting edge.
- In a bowl, whisk corn syrup, caramel sauce, sugar, eggs, vanilla and salt. Stir in chopped pecans. Carefully pour pecan mixture into crust; scatter pecan halves evenly over top.
- Bake at 350° for 55 minutes to 1 hour, covering crust with foil if browning too quickly. Cool at least 2 hours, then refrigerate until serving. Garnish with whipped cream, if using.

PER SERVING 348 **CAL**; 20 g **FAT** (3 g **SAT**); 5 g **PRO**; 40 g **CARB**; 2 g **FIBER**; 235 mg **SODIUM**; 62 mg **CHOL**

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Buttermilk Biscuit and Sausage Dressing

MAKES 12 servings
PREP 20 minutes **COOK** 13 minutes
BAKE at 425° for 15 minutes and at 400° for 35 minutes

BISCUITS

- 2 cups all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 4 tbsp unsalted butter, cubed and chilled
- 1 cup buttermilk

DRESSING

- 10 oz mixed sweet and spicy Italian sausage, casings removed
- 1 tbsp unsalted butter
- 4 ribs celery, diced
- 1 small yellow onion, diced
- 3 cloves garlic, chopped
- 1 tbsp chopped fresh thyme
- 1 tsp chopped fresh sage
- 3 egg whites
- 2 cups unsalted chicken stock
- ½ cup buttermilk
- ¾ tsp salt
- ½ tsp black pepper

■ **Biscuits.** Heat oven to 425°. In a bowl, combine flour, baking powder, baking soda and salt. Add butter, mixing with hands until pea-size. Make a well and pour in buttermilk. Stir until combined. Let rest 5 minutes.

■ Roll out dough to ¾ inch on a floured surface. Cut out 8 or 9 biscuits with a 2½-inch round cookie cutter, re-rolling as necessary (use all the dough). Place on a parchment-lined baking sheet and bake at 425° for 10 to 15 minutes, until browned. Cool completely, then store for at least one day before making dressing.

■ **Dressing.** Heat oven to 400°. Cut biscuits into 1-inch cubes; set aside.

■ In a large cast-iron skillet, cook sausage over medium-high heat for 6 to 8 minutes, breaking up with a spoon, until browned. Reduce heat to medium and add butter. Stir in celery, onion and garlic. Sauté 3 to 5 minutes, until softened. Stir in thyme and sage. Remove from heat.

■ In a large bowl, whisk egg whites until foamy. Whisk in chicken stock, buttermilk, salt and pepper. Fold biscuits and sausage into egg white mixture. Spray skillet with nonstick cooking spray. Pour stuffing into skillet and press down. Cover with foil and bake at 400° for 25 minutes. Uncover and bake another 10 minutes.

PER SERVING 190 **CAL**; 9 g **FAT** (4.5 g **SAT**); 8 g **PRO**; 20 g **CARB**; 1 g **FIBER**; 591 mg **SODIUM**; 25 mg **CHOL**

Pimiento Mac and Cheese

MAKES 12 servings
PREP 15 minutes **COOK** 8 minutes
BAKE at 400° for 20 minutes

- 1 lb elbow macaroni

- 4 tbsp unsalted butter
- 3 cloves garlic, chopped
- 1¼ tsp sweet paprika
- 3 tbsp all-purpose flour
- 2½ cups milk
- 1 lb grated sharp cheddar
- 4 oz cream cheese
- 2 jars (4 oz each) sliced sweet pimientos, drained
- ½ cup chopped pickled jalapeños
- ¾ tsp salt
- ½ cup plain bread crumbs

■ Heat oven to 400°. Bring a pot of salted water to a boil. Add macaroni, return to a boil and cook 6 minutes. Drain.

■ Meanwhile, in a large pot, melt 3 tbsp of the butter. Add garlic and 1 tsp of the paprika; cook 1 minute. Stir in flour; cook 1 minute. Whisk in milk and bring to a simmer. Cook 3 to 5 minutes, until thickened. Stir in cheddar and cream cheese until smooth. Fold in cooked macaroni, pimientos, jalapeños and salt. Transfer mixture to a 13 x 9 x 2-inch baking dish.

■ In a small skillet, melt remaining 1 tbsp butter over medium heat. Stir in remaining ¼ tsp paprika and the bread crumbs; cook 1 minute. Scatter over macaroni. Bake at 400° for 20 minutes or until golden.

PER SERVING 430 **CAL**; 23 g **FAT** (14 g **SAT**); 16 g **PRO**; 37 g **CARB**; 2 g **FIBER**; 580 mg **SODIUM**; 65 mg **CHOL**

THE NORTHEAST

 Continued from PAGE 150

Chestnut Dressing

MAKES 8 servings **PREP** 15 minutes
COOK 16 minutes **LET STAND** 5 minutes

- 6 slices bacon
- ½ cup each chopped carrot, celery and onion
- 2 cups turkey or chicken broth
- 4 tbsp unsalted butter
- 4 cups seasoned stuffing bread cubes
- 1¼ cups jarred chestnuts, quartered
- ¼ tsp salt
- ¼ tsp black pepper

■ Heat a large skillet over medium-high heat. Add bacon and cook 8 minutes, turning once, until crispy. Remove to a plate, leaving bacon fat. Chop bacon.

■ Add carrot, celery and onion to skillet and cook 8 minutes, stirring frequently. Add broth and 2 tbsp of the butter; bring to a simmer. Stir in bread cubes, chestnuts, salt and pepper. Cover, remove from heat and let stand 5 minutes.

■ To serve, fluff with a fork and dot with remaining 2 tbsp butter.

PER SERVING 591 **CAL**; 26 g **FAT** (8 g **SAT**); 12 g **PRO**; 77 g **CARB**; 2 g **FIBER**; 672 mg **SODIUM**; 119 mg **CHOL**

Maple Sweet Potatoes with Toasted Hazelnuts

MAKES 8 servings **PREP** 15 minutes
ROAST at 400° for 30 minutes

- 3 lbs sweet potatoes, peeled and cut into 1-inch pieces
- 3 tbsp canola oil
- ½ cup maple syrup
- 2 tbsp unsalted butter, cut into small pieces
- ¼ tsp salt
- ¼ tsp black pepper
- 6 sprigs fresh thyme
- ½ cup toasted, skinned hazelnuts, coarsely chopped

■ Heat oven to 400°. Place sweet potatoes on a large rimmed baking sheet and toss with canola oil.

■ Bake at 400° for 20 minutes, turning once. Toss with maple syrup, butter, salt and pepper; scatter thyme over top. Roast for an additional 10 minutes.

■ Top with hazelnuts just before serving.

PER SERVING 236 **CAL**; 11 g **FAT** (2 g **SAT**); 3 g **PRO**; 33 g **CARB**; 4 g **FIBER**; 111 mg **SODIUM**; 8 mg **CHOL**

Creamy Succotash

MAKES 8 servings
PREP 15 minutes **COOK** 14 minutes

- 4 tbsp unsalted butter
- 1 medium zucchini, cut into small dice
- 1 small sweet red pepper, seeded and cut into small dice
- 2 tbsp dried onion flakes
- 4 cups frozen gold and white corn (such as Birds Eye), thawed
- 1 pkg (10 oz) frozen lima beans, thawed
- ½ cup chicken broth
- 6 sage leaves, coarsely chopped
- ¾ tsp salt
- ¼ tsp black pepper
- ¼ cup heavy cream

■ In a large nonstick skillet, melt 2 tbsp of the butter over medium-high heat. Add zucchini, red pepper and onion flakes; cook 5 minutes, stirring occasionally.

■ Add corn, lima beans, broth, sage, salt and pepper; simmer 6 minutes, stirring occasionally. Add cream and simmer 3 minutes. Stir in remaining 2 tbsp butter.

PER SERVING 202 **CAL**; 9 g **FAT** (5 g **SAT**); 6 g **PRO**; 25 g **CARB**; 4 g **FIBER**; 338 mg **SODIUM**; 26 mg **CHOL**



Pumpkin Spice

- 8 Tbsp Almased
- 10 oz vanilla almond milk, unsweetened
- 2 Tbsp fresh or plain canned pumpkin puree
- 1 tsp stevia
- Dash of pumpkin spice or ground cinnamon, for taste

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Spicy Chocolate

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp cocoa powder, unsweetened
- ½ tsp cinnamon
- ½ tsp cayenne pepper



Carrot Cake

- 8 Tbsp Almased
- 12 oz vanilla almond milk, unsweetened
- ¼ cup carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon
- A pinch of nutmeg



Caramel Apple

- 8 Tbsp Almased
- 1 cup almond milk, unsweetened
- ½ cup apple sauce, unsweetened
- 1 Tbsp almond butter
- ¼ tsp caramel extract



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THE WEST COAST Continued from PAGE 152

Artichoke Gratin

MAKES 8 servings **PREP** 15 minutes **BAKE** at 400° for 50 minutes **LET REST** 15 minutes

- 1 cup heavy cream
- 4 boxes (9 oz each) frozen artichoke hearts, thawed
- 4 oz white cheddar, grated
- 3 cloves garlic, chopped
- 1/4 cup chopped parsley
- 1 tbsp chopped fresh thyme
- 1 tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup shredded Asiago

■ Heat oven to 400°. In a small pot, heat heavy cream to simmering.

■ In a bowl, combine artichoke hearts, cheddar, garlic, parsley, thyme, flour, salt and pepper. Transfer to a 2-quart baking dish. Pour cream on top. Sprinkle with Asiago.

■ Cover baking dish with foil and bake at 400° for 25 minutes. Uncover and bake an additional 25 minutes, until golden and bubbling. Let rest 15 minutes before serving.

PER SERVING 270 CAL; 19 g FAT (12 g SAT); 8 g PRO; 14 g CARB; 9 g FIBER; 440 mg SODIUM; 65 mg CHOL

Crispy Olive Oil Potatoes

MAKES 12 servings **PREP** 15 minutes **COOK** 42 minutes

- 3 lbs small red and yellow potatoes (about 2 inches round)
- 6 tbsp extra-virgin olive oil
- 3/4 tsp salt
- Freshly cracked black pepper
- 1 tsp chopped fresh thyme
- 1/2 tsp chopped fresh rosemary

■ Place potatoes in a large pot and cover with 2 inches cold water. Bring to a boil and cook 18 minutes. Drain and place on a baking sheet.

■ Allow to cool 5 minutes. Using the back of a measuring cup, press down on each potato to flatten to 1/2 inch (skin will crack).

■ In a large skillet, heat 2 tbsp of the olive oil over medium-high heat. Place a third of the potatoes in skillet. Fry 4 minutes on one side, until skin is crispy. Flip and season crispy side with 1/8 tsp salt. Fry another 4 minutes. Place on a platter and sprinkle non-seasoned side with 1/8 tsp of the salt and freshly cracked pepper.

Repeat with 2 more batches, adding 2 tbsp olive oil per batch. Scatter thyme and rosemary on top of potatoes.

PER SERVING 140 CAL; 7 g FAT (1 g SAT); 2 g PRO; 18 g CARB; 2 g FIBER; 170 mg SODIUM; 0 mg CHOL

Sweet and Spicy Olive Mix

MAKES 12 servings
PREP 5 minutes
MARINATE 2 hours or overnight

- 2 tbsp extra-virgin olive oil
- 2 tbsp honey
- 1 tbsp lemon juice plus 1/2 tsp lemon zest
- 1/2 tsp chopped fresh rosemary
- 1/4 tsp red pepper flakes
- 1/8 tsp salt
- 2 cups mixed olives with pits (such as niçoise, Castelvetrano, Cerignola, Picholine and Nyon)
- 1/2 cup Marcona almonds
- 1/2 cup raisins

■ Whisk oil, honey, lemon juice and zest, rosemary, red pepper and salt. Fold in olives, almonds and raisins. Cover with plastic wrap and allow to marinate at least 2 hours or overnight.

PER SERVING 170 CAL; 13 g FAT (2 g SAT); 1.5 g PRO; 12 g CARB; 1 g FIBER; 470 mg SODIUM; 0 mg CHOL

THE MIDWEST Continued from PAGE 158

Beer-Brat Dressing

MAKES 10 servings
PREP 25 minutes
TOAST 8 minutes **COOK** 11 minutes
BAKE at 375° for 30 minutes

- 1 round loaf (about 1 lb) hearty white bread (unsliced)
- 2 tbsp unsalted butter
- 3/4 lb fresh bratwurst (such as Johnsonville), casings removed
- 2 ribs celery, trimmed and diced
- 1 medium onion, chopped
- 2 medium carrots, peeled and diced
- 2 tbsp chopped fresh sage
- 1 cup amber or dark beer
- 1/2 tsp salt

- 1/2 tsp black pepper
- 1/2 to 3/4 cup unsalted turkey or chicken stock

■ Heat oven to 375°. Coat a 13 x 9 x 2-inch baking dish with nonstick cooking spray. Set aside. Cut bread into 1-inch slices. Place directly on oven rack and toast 3 to 4 minutes. Flip over and toast an additional 4 minutes, until dry to the touch. Let cool until you can handle slices.

■ Melt butter in a large lidded nonstick skillet set over medium heat. Crumble in bratwurst and cook, breaking apart with a wooden spoon, 4 minutes. Add celery, onion, carrots and sage and cook, covered,

5 minutes. Stir in beer, salt and pepper and cook, uncovered, 2 minutes.

■ Cut toasted bread into 1-inch cubes and place in a large bowl. Carefully pour in contents of skillet and stir to combine. Transfer dressing to prepared baking dish and drizzle with stock (adding more if needed). Bake at 375° for 30 minutes. To make ahead: Prepare dressing and place in prepared dish (don't drizzle with stock). Refrigerate. Bring to room temperature and drizzle with stock. Bake at 375° for 30 minutes or until hot.

PER SERVING 265 CAL; 12 g FAT (5 g SAT); 11 g PRO; 26 g CARB; 1 g FIBER; 625 mg SODIUM; 32 mg CHOL

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Nutty Owls

MAKES 16 2½-inch cookies

PREP 15 minutes

REFRIGERATE at least 2 hours

BAKE at 350° for 15 minutes

- ½ cup whole natural (skin-on) almonds plus 8, halved lengthwise
- 1½ cups all-purpose flour
- ½ cup confectioners' sugar
- ¼ tsp salt
- ¾ cup (1½ sticks) unsalted butter, at room temperature
- 1 tsp vanilla extract
- 1 tsp almond extract
- 36 brown M&M's

■ Place ½ cup of the almonds in a food processor and pulse until finely ground. Add flour, confectioners' sugar and salt and pulse to blend. Spoon butter, vanilla and almond extract into food processor and process until dough

begins to hold together. Remove dough from processor, flatten into 2 discs and wrap in plastic. Refrigerate at least 2 hours.

■ Heat oven to 350°. On floured wax paper, roll out dough to ⅜- to ¼-inch thickness. Cut out circles with a 2½-inch round cookie cutter. Transfer circles to 2 large baking sheets. Use cutter to mark "wings" on cookies, pressing down but not all the way through dough. Using ¼ tsp dough for each, form 2 balls. Affix balls to a cookie as eyes and press gently to flatten. Place a brown M&M's on each eye, and press half an almond between eyes to resemble a beak. Use a fork to add "feet" between wings.

■ Repeat with remaining dough, M&M's and almond

halves, re-rolling scraps as needed. If dough becomes too soft, refrigerate until firm, about 1 hour. Bake cookies at 350° for 15 minutes. Let cool on baking sheets on a wire rack 2 minutes, then transfer directly to rack to cool completely.

Crispy Pumpkin Treats

MAKES 12 pumpkins

PREP 5 minutes **COOK** 5 minutes

LET STAND 3 hours

- 3 tbsp unsalted butter
- 1 bag (10 oz) marshmallows
- 1 tbsp orange gel food coloring
- 6 cups Rice Krispies cereal
- 12 Tootsie Rolls Midgees

■ In a large saucepan, heat butter over low heat until melted. Add marshmallows, stirring occasionally until completely melted. Add food

coloring and stir until orange is spread throughout.

■ Remove from heat and stir in Rice Krispies cereal.

■ Grease a bowl and pour mixture into bowl. Coat your hands or food-safe plastic gloves with nonstick cooking spray. Form pumpkin shapes using ⅔ cup of the mixture for each pumpkin. Roll and shape Tootsie Rolls to resemble stems. Add stems to pumpkins. Let stand 3 hours before serving.

Turkey Cupcakes

MAKES 24 cupcakes **ASSEMBLE** 1 hour

- 24 Nutter Butter cookies
- 3 strawberry Twizzlers
- 1 cup confectioners' sugar
- 48 Wilton edible candy eyes
- 24 orange candy-coated sunflower seeds
- 24 baked jumbo chocolate cupcakes
- Canned chocolate frosting
- Candy corns (about 190)

■ Using a serrated knife, cut off about one-fourth from a short side of each Nutter Butter cookie.

■ With scissors, cut Twizzlers into pieces measuring about ½ x ⅓ inch.

■ In a small bowl, whisk confectioners' sugar and 4 tsp water, creating a thick frosting.

■ Using sugar frosting, attach eyes, a candy-coated sunflower seed for the beak and a Twizzlers piece for the wattle to each Nutter Butter.

■ Spread cupcakes with chocolate frosting, stick a decorated Nutter Butter into each cupcake and add candy corns as tail feathers (7 or 8 per cupcake).

familycircle.com

Go to familycircle.com/coverrecipes to watch videos showing how to make these and more festive treats.



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**START WITH PURE FLAVORS.
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McCormick® Signature Pumpkin Pie with Vanilla Whipped Cream

1 can (15 oz.) pumpkin
1 can (14 oz.) sweetened condensed milk
2 eggs
1 tbsp. **McCormick Pumpkin Pie Spice**
1 tsp. **McCormick Pure Vanilla Extract**
1 frozen unbaked deep-dish pie crust (9-inch)

MIX pumpkin, milk, eggs, pumpkin pie spice and vanilla in large bowl until smooth. Pour into pie crust on large foil-lined baking sheet.

BAKE in preheated 425°F oven 15 minutes. Reduce oven temperature to 350°F. Bake 40 minutes longer or until knife inserted 1 inch from crust comes out clean. Cool completely on wire rack. Serve with Vanilla Whipped Cream and sprinkle with additional pumpkin pie spice, if desired.

Makes 8 servings.

VANILLA WHIPPED CREAM: Beat 1 cup heavy cream, 1/4 cup confectioners' sugar and 1 tsp. **McCormick Pure Vanilla Extract** in medium bowl with electric mixer on high speed until stiff peaks form.



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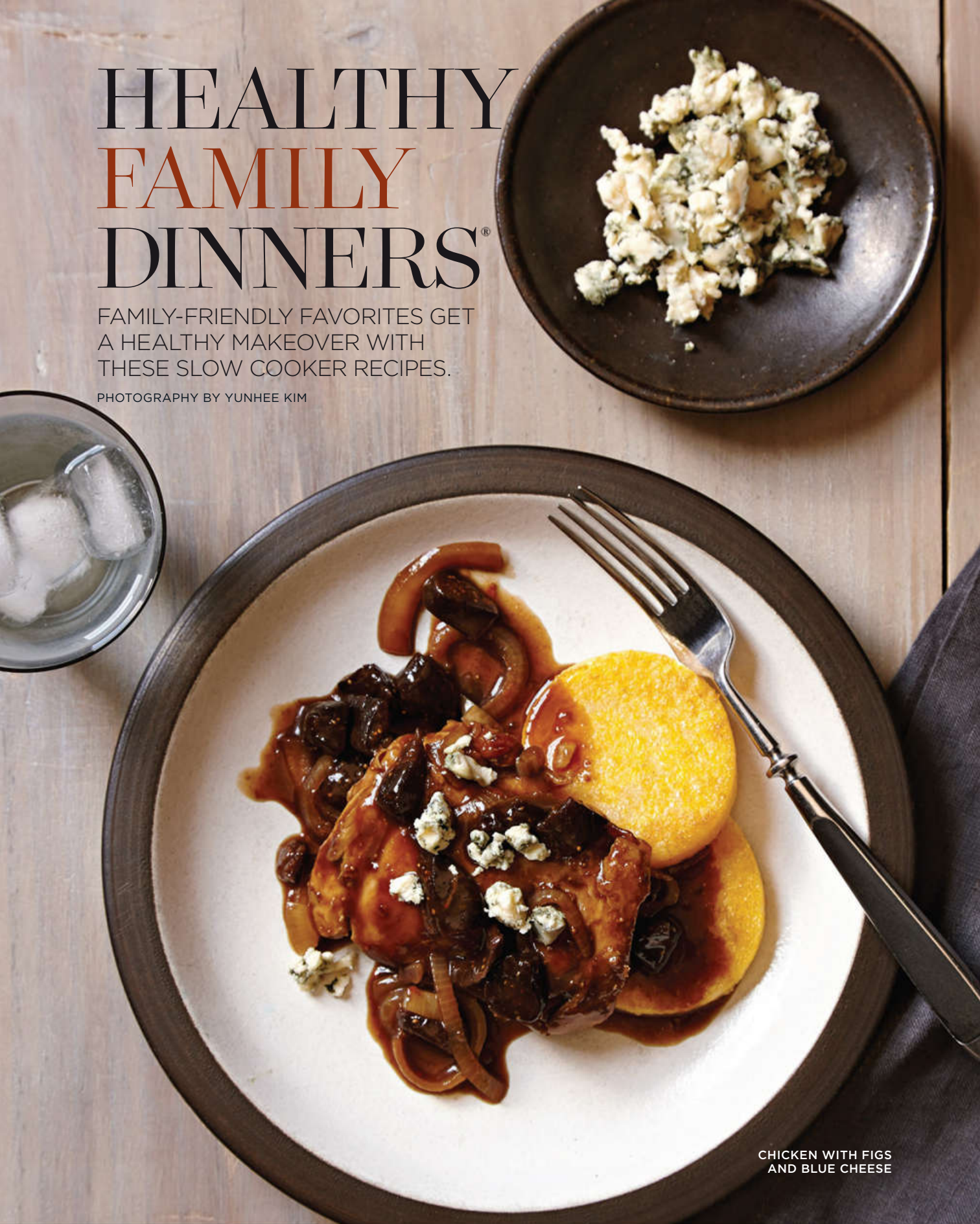


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CHICKEN WITH FIGS
AND BLUE CHEESE

Chicken with Figs and Blue Cheese

MAKES 6 servings **PREP** 20 minutes
COOK 13 minutes **SLOW COOK** on LOW for 5 hours

- 1½ cups low-sodium chicken broth
- ¼ cup balsamic vinegar
- 1 tbsp grated orange zest
- ½ tsp black pepper
- 2 tbsp vegetable oil
- 2 lbs boneless, skinless chicken thighs
- 1 large onion, thinly sliced
- ½ tsp salt
- 2 tbsp all-purpose flour
- 1 pkg (8 oz) dried Mission figs, stems removed and coarsely chopped
- 1 tube (16 oz) prepared polenta
- ¾ cup crumbled blue cheese

- In a small bowl, combine broth, vinegar, orange zest and ¼ tsp of the pepper; set aside.
- Heat oil in a large nonstick skillet over medium-high heat. Add chicken to skillet and cook 5 minutes per side or until browned. Remove chicken to slow cooker. Add onion to skillet and season with ¼ tsp each of the salt and pepper; cook 2 minutes. Stir in flour and cook 1 minute. Pour in broth mixture and bring to a boil. Pour contents of skillet into slow cooker; add figs.
- Cover and cook on LOW for 5 hours.
- Meanwhile, prepare polenta following package directions. Season chicken mixture with remaining ¼ tsp salt.
- Serve chicken and figs with polenta; crumble blue cheese over each serving.

PER SERVING 473 CAL; 17 g FAT (6 g SAT); 33 g PRO; 43 g CARB; 6 g FIBER; 698 mg SODIUM; 150 mg CHOL

Spicy-Sweet Pot Roast

MAKES 8 servings
PREP 15 minutes **SLOW COOK** on HIGH for 5 hours or LOW for 10 hours **COOK** 3 minutes

- 2½ lbs boneless beef chuck roast, trimmed
- 2 tsp garlic-pepper seasoning
- 1 pkg (7 oz) dried fruit mix
- 1 tbsp chopped chipotle pepper in adobo
- 2 tsp cornstarch
- Fresh cilantro sprigs (optional)
- Season meat with garlic-pepper seasoning and place in slow cooker. Add dried fruit, ½ cup water and chipotle.
- Cover and cook on HIGH for 5 hours or LOW for 10 hours. Transfer meat and fruit to a serving platter; thinly slice meat. Keep meat and fruit warm.
- Pour cooking liquid into a bowl and skim off fat. In a medium saucepan,



SPICY-SWEET
POT ROAST

TIME-SAVING TIP Skip soaking and scrubbing the usual baked-on mess by placing a slow cooker liner (such as Reynolds) in the pot before you add any ingredients. Made of a special heat-resistant material, the bag won't break and makes clean-up simple.

combine 1 tbsp water and cornstarch. Add cooking liquid and simmer over medium heat until thickened, about 3 minutes.

- Serve meat and fruit with sauce. Garnish with cilantro, if using.

PER SERVING 351 CAL; 18 g FAT (7 g SAT); 27 g PRO; 18 g CARB; 1 g FIBER; 302 mg SODIUM; 107 mg CHOL

Turkey Lasagna

MAKES 8 servings
PREP 10 minutes **COOK** 10 minutes
SLOW COOK on HIGH for 4 hours or LOW for 5 hours

- 1 tbsp canola oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1¼ lbs ground turkey
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 container (15 oz) low-fat ricotta
- 1 cup Italian blend shredded cheese
- 12 lasagna noodles, broken in half
- 1 pkg (10 oz) frozen chopped broccoli, thawed and squeezed dry
- 1 jar (26 oz) chunky tomato sauce

- In a large nonstick skillet, heat oil over medium-high heat. Cook onion and garlic 4 minutes or until softened. Add turkey and cook 6 minutes, breaking up with a wooden spoon; season with oregano, salt and pepper. Set aside.

- In a small bowl, combine ricotta and ½ cup of the shredded cheese.



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■ Line a 5- to 6-quart slow cooker with a slow cooker liner. Layer half the uncooked noodles into slow cooker, overlapping as necessary. Spread half the turkey mixture and broccoli over noodles; top with half the tomato sauce and ¼ cup water. Gently spread ricotta mixture on top. Continue layering with remaining noodles, turkey mixture, broccoli, sauce and an additional ¼ cup water.

■ Cover and cook on HIGH for 4 hours or LOW for 5 hours. Sprinkle remaining ½ cup shredded cheese on top during last 15 minutes of cooking. Use liner to lift lasagna from slow cooker; slice and serve.

PER SERVING 418 **CAL**; 13 g **FAT** (4 g **SAT**); 32 g **PRO**; 44 g **CARB**; 4 g **FIBER**; 706 mg **SODIUM**; 68 mg **CHOL**

Harvest Pork Chops

MAKES 4 servings

PREP 30 minutes **COOK** 5 minutes

SLOW COOK on HIGH for 2 hours or LOW for 4 hours

- 3 cups ¾-inch cubes peeled butternut squash**
- 1 cup sliced celery**
- 1 large onion, cut into wedges**
- 4 bone-in pork chops (6 oz each)**
- 1 cup apple cider**
- 1 tbsp chopped chipotle pepper in adobo**
- ½ tsp dried basil**
- ¼ tsp salt**
- ¼ tsp garlic powder**
- ¼ cup plain low-fat yogurt**
- 3 cups cooked brown rice**

HARVEST PORK CHOPS



■ In a 4-quart slow cooker, layer butternut squash, celery and onion.

■ Generously coat a large skillet with nonstick cooking spray. Heat over medium heat. Add chops to skillet; cook 5 minutes, turning once. Place chops on top of vegetables in slow cooker.

■ In a small bowl, combine cider, chipotle, basil, salt and garlic powder. Pour over chops. Cover and cook on HIGH for 2 hours or LOW for 4 hours.

■ Using a slotted spoon, transfer chops and vegetables to a serving platter. Discard cooking liquid. Spoon yogurt over chops. Serve with brown rice.

PER SERVING 320 **CAL**; 4 g **FAT** (1 g **SAT**); 13 g **PRO**; 59 g **CARB**; 7 g **FIBER**; 225 mg **SODIUM**; 19 mg **CHOL**

Chicken and Corn Chili

MAKES 6 servings **PREP** 10 minutes

SLOW COOK on HIGH for 4 hours or LOW for 6 hours

- 1 large onion, chopped**
- 1 lb boneless, skinless chicken breasts**
- 2 cups low-sodium chicken broth**
- 1 green pepper, seeded and chopped**
- 1 jalapeño, seeded and chopped**
- 1¾ tsp ground cumin**

½ tsp cayenne pepper

¾ tsp salt

1 can (14.5 oz) diced tomatoes with jalapeños, drained

1½ cups frozen corn, thawed

2 cans (15 oz each) cannellini beans, drained and rinsed

2 tbsp stone-ground cornmeal
Shredded Monterey Jack (optional)

■ In a 5- to 6-quart slow cooker, combine onion, chicken, broth, green pepper, jalapeño, 1½ tsp of the cumin and ¼ tsp each of the cayenne and salt. Cover and cook on HIGH for 4 hours or LOW for 6 hours.

■ During the last 30 minutes of cooking, remove chicken to a cutting board and shred. Return chicken to slow cooker with remaining ¼ tsp each of the cumin and cayenne, the tomatoes, corn and beans. Gently mash some of the beans against side of bowl to thicken chili. Stir in cornmeal and remaining ½ tsp salt.

■ Sprinkle with Monterey Jack, if using.

PER SERVING 287 **CAL**; 3 g **FAT** (1 g **SAT**); 27 g **PRO**; 38 g **CARB**; 9 g **FIBER**; 736 mg **SODIUM**; 45 mg **CHOL**



CHICKEN AND CORN CHILI



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Condiment Deluxe

Next-day turkey sandwiches rise above mere leftovers with these easy-to-make spreads.

—Melissa Knific, Associate Food Editor

SPICY SWEET PEPPER RELISH

Dice 1 cup **jarred roasted red peppers** and 1 seeded **jalapeño**. Mix with 1 tsp *each* **sugar** and **cider vinegar** and ¼ tsp **salt**.

TRUFFLE MAYO

Stir together ½ cup **mayonnaise**, 1 tsp **truffle oil** and ⅛ tsp **freshly cracked black pepper**.

CHESTNUT AND THYME MUSTARD

Combine 3 tbsp finely chopped **chestnuts**, ½ cup **Dijon mustard** and 1 tsp **chopped thyme**.

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FOOD / LATEST DISH

The Perfect Date

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—**Regina Ragone**, Food Director

Q&A

When a recipe calls for a nonreactive pot, what does that mean?

A reactive pot has an aluminum, cast-iron or copper interior. When acidic ingredients are added—think lemon juice, tomato sauce and vinegar—those metals “react” with the food, imparting a metallic taste and giving an off color to sauces. A nonreactive pot has a stainless steel, ceramic or nonstick interior and is safe for acidic ingredients. Most modern copper and aluminum pots are lined with a nonreactive interior (since both metals are excellent heat conductors). But if you're thinking of cooking with one of your grandmother's hand-me-downs or a flea market find, it's better to be safe and use a different pan.

—**Julie Miltenberger**, Executive Food Editor



NEW WAVE

Pressure cookers—those locking-lid pots that rely on steam pressure to quickly and healthfully cook meat and veggies—have been totally transformed. Recently, two different microwave versions turned up on my desk and I was intrigued. (I admit I've been scared to use a classic stovetop model, imagining exploded bean soup or beef stew splattered on my kitchen ceiling.) The new concept: The power of the microwave accelerates cooking time and the pressure builds immediately, so foods cook even faster than before. I brought home Tupperware's magenta version (\$150) and my equally wary colleague Suzanne tried out a bright-red model made by SilverStone (\$60; pictured above). With very little prep, our meals—pot roast and lemon chicken with potatoes—cooked up in just 30 minutes. No drama! I envision many more fearless pressure cooker meals to come. —**R.R.**



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Fabio Viviani

Not only is he handsome and charming, with an irresistible Italian accent—he can cook too. No wonder Fabio Viviani easily nabbed the “Fan Favorite” title on Bravo’s hit *Top Chef*. This longtime kitchen veteran (he started his career at a local bakery, working nights at age 11!), cookbook author and restaurant owner is a big believer in olive oil, even using it in piecrust instead of butter. The scrumptious result is extra tender, perfect for pumpkin, apple or any filling you like.

Olive Oil Piecrust

2¾ cups sifted all-purpose flour

1 tsp salt

½ cup extra-light-tasting olive oil (such as Bertolli)

½ cup whole milk

- Place oil in freezer for 1 hour before preparing dough.
- Heat oven to 350°.
- Mix flour and salt. Pour oil and milk into a measuring cup, do not stir, then add all at once to flour.
- Stir until combined. Shape into 2 equal balls, then flatten into disks. Wrap in plastic wrap. Refrigerate 15 minutes.
- Roll out on a lightly floured surface. Place in a pie pan and prick with a fork. Bake at 350° for about 10 minutes or until golden brown.

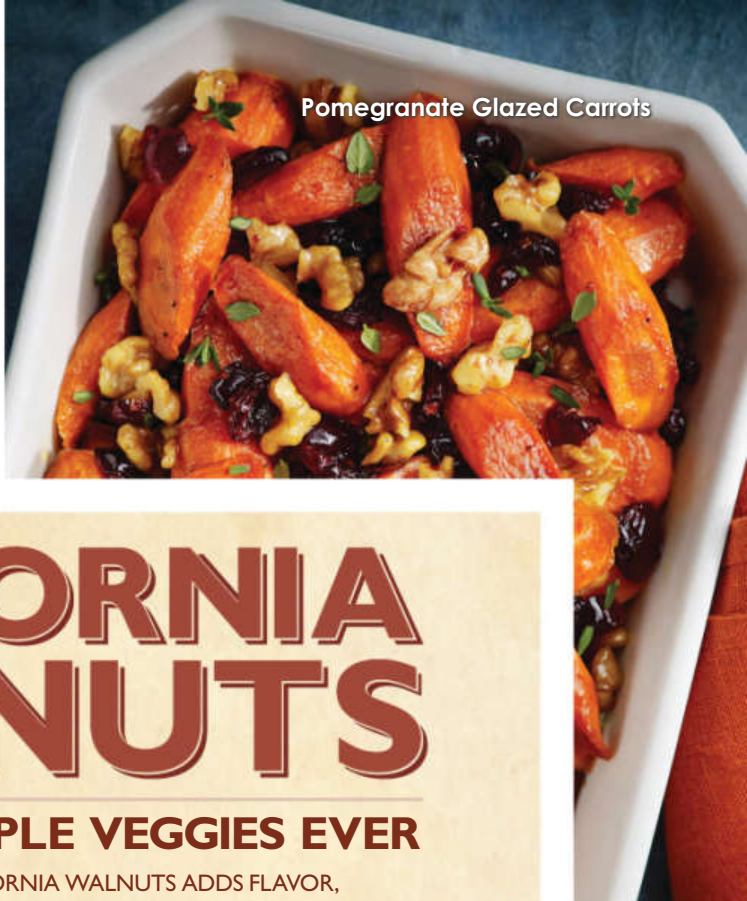
Makes 1 bottom crust plus additional dough for top decoration, if desired.



Photo: courtesy of Bertolli Olive Oil.
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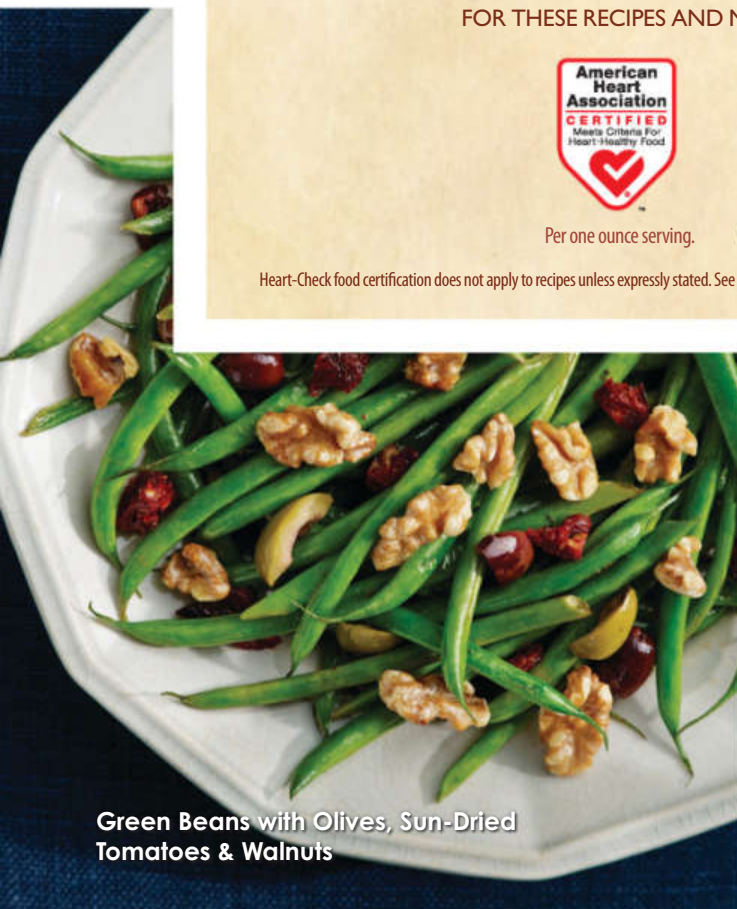
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Tomatoes & Walnuts



Sweet & Spicy Brussels Sprouts

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